THE OXFORD PAPER

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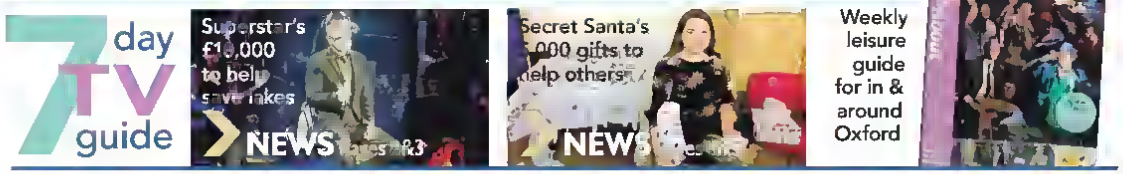

UNITED AGREE IN PRINCIPLE TO SHARE COURT PLACE FARM

CLUBS STRIKE A DEAL ON TRAINING CENTRE

George Welch *Reporter*

OXFORD United are a step closer to securing a new training ground after agreeing a deal in principle with Oxford City to use their Court Place Farm base.

The SkyBet League One club has been searching for a new long-term, permanent home since BMW Mini was granted permission in 2015 to expand its plant on to land it previously used for training off Horspath Road.

The deal will involve the creation of a joint venture trading company to be owned 50-50 by the two clubs and United will lease and operate the main stadium facility.

It would lead to the establishment of an Oxford United supporters' club and retail outlet on site as an opportunity to commercialise the stadium which could also include a potential future home for the club's women's team.

In a joint statement between the clubs and the council, it has also been confirmed that discussions are underway albeit at an early stage for building a permanent training ground for United's first team on the site.

This, the clubs say would "provide a significant benefit to the development of the club's [OUFC] infrastructure."

The plans are still subject to formal agreement between the clubs and Oxford City Council, but it could lead to a new 3G/4G artificial pitch at the Court Place Farm stadium.

> *"The partnership has huge potential and from the outset has been structured with the needs of all parties in mind"*
>
> *Oxford City general manager Justin Merritt*

The partnership also aims to help City who have struggled financially and whose managing director Colin Taylor hanged himself last year following financial worries. The club will retain its independent status.

Oxford City general manager and former manager Justin Merritt said, "We have developed a strong partnership with Oxford United in the past few seasons and in the past few months have undertaken a series of positive and creative meetings.

"The partnership has huge potential and from the outset has been structured with the needs of all parties in mind."

United's managing director Greig Box-Turnbull said, "Talks have pro-

Continues on page 2

Oxford City general manager Justin Merritt, right, says the club has developed a strong partnership with United in recent seasons – a link which would be strengthened by the new plan
Court Place Farm picture: Mark Neal

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Letters to The Editor
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Regional Weather

FRIDAY A cold, and murky morning with cloud thickening from the west and fog slowly lifting. Outbreaks of rain will then spread south during the afternoon, with temperatures also recovering slightly. Maximum Temperature 7 °C.

OUTLOOK FOR SATURDAY TO MONDAY Cloudy Saturday, with a few outbreaks of rain and limited brighter spells. Mostly dry Sunday, but staying rather cloudy. Blustery rain spreads south Monday, clearing to colder, brighter conditions later

WEEKEND SUMMARY

FRIDAY	SATURDAY	SUNDAY
DAY 5°C NIGHT 4°C	DAY 9°C NIGHT 5°C	DAY 8°C NIGHT 6°C

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Superstar's generosity remembered

Eva Astreinidou Reporter

POP superstar George Michael anonymously donated £10 000 towards a campaign in 2008 to help save an Oxfordshire beauty spot.

The 53-year-old star and former Wham! singer was found dead at his home in Goring on Christmas Day and, since then, news of several secret charitable donations has emerged.

Just one of many was his contribution to the Friends of Radley Lakes fight to save Thrupp Lake from a planning application by RWE npower to fill in the lake with ash.

Jo Cartmell, a wildlife photographer and Friends of Radley Lakes supporter said the legal fight to save Thrupp Lake took three years.

She credits the end of that on-going battle to Mr Michael's contribution.

She said, "For communities to have financial help is a huge boost especially if we are fighting a huge corporation. So to suddenly have someone to help us in a selfless philanthropic way was a tremendous hope for us."

Mrs Cartmell said Mr Michael's contribution tipped the balance and helped the organisation to continue with the fight.

Peter Harbour, an Abingdon resident and lobbyist for Save Radley Lakes said, "You can't underestimate his help. It raised people's spirits because things were looking very difficult and very bleak.

"George helped us not just financially but helped give us confidence that we can fight this legal battle."

The financial help ensured that the lake was given to the public and preserved as a beauty spot.

Mrs Cartmell said, "It was such a morale boost when he asked about our campaign. He wanted to remain anonymous but we believe his selfless contribution needs to be acknowledged."

Other secret donations included £15 000 to pay for a stranger's IVF treatment. Former Deal or No Deal TV show producer Richard Osman revealed how Mr Michael secretly made the donation.

Mr Osman, who now co-presents the show Pointless, tweeted: "A woman on 'Deal or No Deal' told us

Pop star George Michael was found dead at his Goring home on Christmas Day
Picture: *courtesy of Frantoglon*

'This really is a win/win situation'

Continued from front page

gressed positively and quickly and we are excited about the scope of this opportunity for all concerned.

"This is a significant development for the football community in Oxfordshire.

"It makes sense for the two clubs to partner and help each other and the wider community we serve."

Oxford City Council leader Bob Price said the council was "delighted" the clubs had reached an outline agreement on the shared use of the Court Place Farm pitches.

He added, "The council initiated these discussions in the wake of Colin Taylor's sad death and the realisation of OCFC's financial position. We will be working with the clubs to finalise the details of how the facilities will be used."

United chairman Darryl Eales said, "Relatively unusually this really is a win/win solution.

"We are delighted to be able to help Oxford City whilst also establishing a broader base for Oxford United commercially as well as hopefully for our first team and our women's team."

The outline agreement comes after Oxford City Council last month submitted a planning application for a 39-acre plot of land next to the Mini plant including new grass and 3G football pitches, cricket pitches and a 150-space car park.

It sparked a row when Oxford Utd said they had been "disappointed" to

Oxford United chairman Darryl Eales halives tha mave is a win/win situatiaa for both clubs

have been overlooked in the design and running of the proposed new complex.

However the city council claimed

Oxford City's Court Place Farm could well become Oxford United's training base if tha plan goes ahead *Picture Mark Neal*

the football club had been consulted.

■ United's stay at the Roman Way grounds in Cowley is set to end in December when BMW take back control of the site.

With the new sports complex not expected to be completed before summer 2018 Oxford United chairman Darryl Eales has admitted the club's academy might have to be closed for six months.

And with no suitable alternative, the club's hottest prospects from the ages of six to 16 are at risk being homeless, while the first team will also have to search for a temporary base for the first half of 2018

Secret gift of £10k to help save lakes

she needed £1ak for tVF treatment.

"Georgie Michael secretly phoned the next day and gave her the £15k."

The woman who received the treatment was later named as 34-year old Lynette Gillard, of Bolton, whose husband Steve had been on the show in 2006. She told the Daily Telegraph "For many years I wondered who would have been so generous and now I know. What more can I say other than 'thank you George.'"

Partner denies tweeting rumours over star's death

THE boyfriend of pop star George Michael has denied tweeting rumours about his partner's death.

The 53-year-old singer was found dead at his home in Goring on Christmas Day.

Fadi Fawaz, Mr Michael's partner, denied sending tweets speculating about the cause of the pop superstar's death, saying his Twitter account had been hacked.

Mr Michael's publicist said there were no suspicious circumstances surrounding his death, while police said more tests were needed after a post-mortem examination proved "inconclusive".

A series of tweets appeared on the Queensland-born hairstylist Mr Fawaz's account claiming the singer had killed himself after a number of attempts at his life.

The tweets said: "Not sure who that nasty close friend of George (sic) but I was in a relationship with George Michael till I found him dead in bed.

"The only thing George wasted is to die. He tried numbers of times to kill himself many times and finally he managed.

"We loved each other very much and were together almost 24 hours a day."

The tweets were soon deleted and the account closed.

Mr Fawaz said he had slept in his car that night and arrived at Mr Michael's country house to find the singer had died alone.

He had tweeted on Boxing Day: "It's a xmas I will never forget finding your partner dead peacefully in bed first thing in the morning. I will never stop missing you xx (sic)."

Mr Michael's publicist said the star's family had been "touched beyond words" by an "outpouring of love" for the former Wham! star. Fans gathered outside the singer's homes in Goring and London to leave tributes following his death.

His publicist also thanked "those who, rightly, have chosen to celebrate his life and legacy."

> *"I'm heartbroken with the news that my dear friend and long-time love George Michael has passed. He was an extremely kind and generous man"*
>
> *Former partner Kenny Goss*

The results of the further tests into Mr Michael's death are "unlikely to be known for several weeks" police said.

In a statement, former long-term partner Kenny Goss said: "I'm heartbroken with the news that my dear friend and long-time love George Michael has passed.

"He was a major part of my life and I loved him very, very much.

"He was an extremely kind and generous man."

Barnaby Cork

Barnaby Cork inquest opens

OXON. The inquest into the four year-old boy who died after being struck by a car last month opened yesterday at Oxford's Corners Court at County Hall.

Barnaby Cork, who was born in Oxford in 2012, was visiting Thame Leisure Centre with his family when a vehicle reversed and collided with the boy, leaving him with "significant injuries", according to the coroner.

A Thames Valley air ambulance crew airlifted him to hospital but he was confirmed dead at 11.31am as a result of his head injuries.

There is an on-going police investigation into the incident.

A date for the inquest has been set for Thursday, March 23.

Cyclist sought after near miss

DIDCOT. British Transport Police have released an image of a man they wish to speak to after a commuter was threatened at Didcot Parkway.

At 8.35am on December 15, the 60 year-old victim was walking to the station when he narrowly avoided being knocked over by a cyclist at speed.

He approached the cyclist in the station to talk to him about the speed at which he had been cycling.

But the cyclist became very aggressive and threatened him.

The victim dialled 999 and was so shaken he was unable to travel that day.

Contact 0800 40 50 40 or text 61016 quoting reference 95 of 28 December.

Broken heating forces closure

HEADINGTON. Pupils at The Windmill Primary School enjoyed an extra few days off thanks to the school being closed due to faulty heating.

On January 4, staff posted on Facebook. "Despite an engineer working all day we have not been able to fix the fault."

One of the parents posted. "I want to hear what are you going to do to prevent this from happening again in the future. What can hundreds of parents do for childcare during these school hours."

Yesterday, the school said they hoped to be open today (Friday).

Go ahead for garden village amid congestion concerns

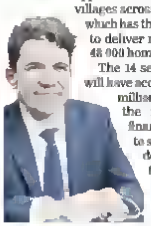
George Welch' Reporter

CAMPAIGNERS have warned that a newly-awarded garden village near the A40 will increase traffic problems and will make the area "unattractive".

Known as Oxfordshire Cotswold and supported by the Government, around 2,200 homes will be built on land just off the A40 and to the north of Eynsham by 2031.

In addition to village facilities such as a school and community resources, the new community would have a science/business park.

The announcement was made on Monday as the Government outlined its financial support for 14 new garden villages across England, which has the potential to deliver more than 48,000 homes.



Leader of West Oxfordshire District Council, Cllr James Mills

The 14 settlements will have access to a £5 million fund over the next two financial years to support the delivery of these new projects.

But concerns have been raised over the development's impact on nearby roads that are already frequently gridlocked at rush hour.

Witney Oxford Transport campaign group spokesman Maurizio Fantato told the Guardian. "We are in principle opposed to any major development without a firm infrastructure development plan in place first.

"As our key concern is transport we can't see how such a large number of houses could be accommodated alongside the A40 corridor unless truly major work is carried out first not only to improve the A40, but also to create an alternative public transport mode preferably a light rail, to connect the district with the rest of the county.

"An indiscriminate provision of houses without adequate infrastructure will simply increase traffic further and therefore make it an unattractive locality for people to live in."

Supporters of the scheme, including West Oxfordshire District Council (WODC), say it would provide a valuable opportunity for investment and positive growth in the region.

Leader of WODC Cllr James Mills, said. "With such a high demand for housing in this area, we believe a new garden village will be a major contribution towards providing much-needed homes in a high quality living environment.

"It will also unlock funds to improve infrastructure and in particular boost the case for improvements to transport links, including upgrading the A40 – good news for everyone using this route. I want to stress that this new village is a distinct settlement and should not be seen as an expansion of the existing village of Eynsham, or in any way dependent on it.

"However, we will be asking the neighbouring communities for their views and contributions on many aspects of the village development from naming it to commenting and influencing its design."

The announcement follows the council's submission of an "Expression of Interest" to Government in July 2016.

The Government also announced its support for three new garden towns in Aylesbury Taunton and Harlow & Gilston – and a further £14 million of funding to support their delivery.

Together with the seven garden towns already announced, including Didcot, these 17 new garden settlements could provide almost 200,000 new homes across the country.

Housing and planning minister Gavin Barwell said. "Locally-led garden towns and villages have enormous potential to deliver homes communities need. New communities not only deliver homes, they also bring jobs and facilities and a boost to local economies."

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Petition against centres closure plan under way

Eva Astreinidou Reporter

A PETITION against Oxfordshire County Council s plans to change vital daytime support services is down to the wire for a 70 year-old carer

Rachael Scott-Hunter, and her husband Ian, have been caring for her daughter Alexandra for 44 years.

Alexandra suffers from multiple disabilities that stemmed from a brain haemorrhage four days after she was born.

She is totally dependent on others for safety, health, feeding and speech and has attended Kidlington Day Centre since she was 19

The service is now under threat of closure as part of Oxfordshire County Council cuts

Since hearing of the plans to change Kidlington daytime support services Rachael has tried to speak directly to members of government. She said. "It will be catastrophic and awful. I'm trying to fight it as much as I can."

Rachael has applied to do a representation at a council meeting on January 24 and is hoping to have a petition against these plans signed off as soon as possible

She said thet one of the proposed changes is to create a "hub centre where disabled services will be nuxed with elderly services. She said. "This is not only wrong for our group hut also for them

"I get that they [OCC] are trying to save money and that they will still provide services but they doo't understand the extent of the psychological and mental issues of disabled people.

"Quite a percentage of them are non-verbal so they do not know how to reason it and it is all internalised. It will cause anxiety and the fear will be enormous This can lead to depression and bad behaviour The other centres would not be equipped to deal with thet at all."

In the initial proposals for Oxfordshire's day centre services which would also potentially see 22 buildings reduced to eight bases across the county Councillor Judith Heathcoat said. "We want to ensure these [daytime support] services can continue no a solid footing for the future

"Through volunteers and community groups there is already a thriving daytime support network in Oxfordshire – three-quarters of these groups receive on coun cil funding at all. I am confident that with our support these services will continue to flourish. We hope to create more choice of day services from voluntary and private sector organisations "

A representative at OCC said. "Anybody with an eligible assessed care need is guaranteed to continue to receive a service whether or not that service is provided from the same building as currently That includes people with learning disabilities. We have repeatedly stressed this since the consultation was launched."

The Kidlington day centre is to be closed in August/September this year

Toy shed lost in suspected arson attack

A COMMUNITY rallied round a Bicester special needs school after a suspected arson attack destroyed thousands of pounds of toys

Fire crews were called at 11pm on January 1 to the dre in the grounds of Bardwell School in Hendoo Place

A large shed containing outdoor toys, including some specially-adapted trikes, bikes sports equipment, games, was destroyed in the blaze. None of the main school buildings were damaged

Police are treating the lucident as a suspected arson and are appealing for witnesses

Mum Claire Wyatt, whose daughter is a pupil at the school, launched as online fundraising appeal to replace some of the toys and, within just days, £3,400 had been raised.

She said. "Our children are already disadvantaged so we wanted to replace everything that was destroyed.

"We think everyone wanted to help our children and are horrified at such a selfish act

"When we reached the target, we were absolutely delighted, astonished – we weren t sure what response we would get, we are over the moon."

Residents also donated toys, games and bikes to ensure children had items to play with when they returned to school on Wednesday after the festive break.

The garden area had recently been refurbished and some of the flooring was also damaged.

Headteacher John Riches said. "Whilst this is a very frustrating way to start the new year. I would like to reiterate my thanks to the community who have quickly responded to support us

"The GoFundMe page has now raised £4 000 plus we have received many dooations of other toys and equipment."

Anyone with information should call police on 101 or Crimestoppers on 0800 555111

To donate, view gofundme com/replace-outdoor toys-for bardwell

The blue shed pictured before the fire and after the arsonists struck

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Teenager delivers festive gifts across county

DIDCOT'S not so-secret Santa has once again proved that Christmas is all about giving and helping others—as well as spending hours wrapping presents.

Courtney Hughes 18 who lives on Great Western Park, garnered the help of family and friends to amass more than 5 000 presents and then join her in a seven-hour wrapping marathon.

The Secret Santa charity started five years ago with a donation of 250 presents But year on year the number has been growing and the appeal is reaching more sick and vulnerable people in Oxfordshire.

This year the charity's founder Courtney and her helpers were able to wrap and donate more than 5 000 gifts after a seven-hour wrapping party with her friends family and neighbours at the Marlborough Club, surrounded by wrapping paper tape and ribbon.

Courtney who works as a nursing assistant at Sobell House Hospice in Oxford, was inspired to set up the charity by her grandmother, who was in hospital for the first year of the appeal.

She said. "She loved Christmas. It was upsetting when she was in hospital for Christmas."

This year the presents were delivered to about 10 different centres and hospitals, including Didcot Community Hospital, Ronald MacDonald House at Oxford Children s Hospital and Sobell House Hospice

Asked about the reaction she and her helpers received, Courtney said. "It's quite emotional. A lot of people cry so you have to be prepared and know you are going to cry whether you like it or not."

Courtney Hughes with just a few of the 5,000 presents she wrapped as part of her Secret Santa campaign: *Pictures courtesy of Charity Secret Santa Oxfordshire / Facebook*

Dominique Cadieu, head of fundraising and communications at Sobell House Hospice Charity, said: "A lot of our patients are bedbound and I am sure for many of them being on the ward over Christmas is not great The donations are extremely well received and we are ever so grateful to Courtney

"She comes in as Santa Claus and delivers a cardboard box full of goods Our patients are always over the moon."

The gifts delivered include anything from chocolates and toiletries to presents for children.

Courtney was recognised with the St James's Palace Foundation Children of Courage Award at the Midlands Children of Courage Awards in October

She was nominated for the award by the team at SSNAP a charity that supports sick and premature babies in the Newborn Intensive Care Unit, based at the maternity hospital at the John Radcliffe Hospital, Oxford.

She has also been awarded a British Citizen Award for her efforts, and was shortlisted for the Didcot Business and Community Awards in 2016

Witness appeal on fatal A40 crash

George Welch: *Reporter*

A WOMAN died and another remains in a critical condition after four separate crashes involving 21 cars caused mayhem on the A40.

Police were called to the scene of carnage at about 8.25am on Wednesday last week.

The crashes happened within a mile and a half-stretch between the B4047 and the A415 at Witney, according to South Central Ambulance Service (SCAS).

SCAS also said about 15 people were also treated at the scene.

A 54-year-old woman from Gloucester, who was a passenger in a Peugeot which crashed with a heavy goods vehicle between the B4477 and the A415 Witney, died at the scene.

Her family has been informed and specially-trained family liaison officers are supporting relatives.

A 56-year-old woman, who had been travelling in one of the vehicles involved in a crash, left her vehicle and was struck by another vehicle.

She was taken to the John Radcliffe Hospital in Headington with serious injuries and remains critical.

A number of people also sustained minor injuries and were taken to local hospitals, from where they were later discharged. The road was closed while officers and other emergency services attended and re-opened later in the day.

HGV driver Ben Starkey, who was at the scene but not involved in the crashes, said the road conditions were foggy and the road was icy at the time of the crash.

The aftermath of the crashes on the A40 on Wednesday *Pictures: Ben Starkey*

He told the BBC "[The crashes] happened ahead of me and then behind, lucky enough I managed to stop my HGV.

"I saw the emergency services performing CPR on a lady. The person who was with her in the car was walking around saying 'I can't believe this.'

"There was also another woman in front of me who was severely injured when a car collided with her when she stepped outside her vehicle."

Nikki Cowan was involved in the crash but was uninjured.

She also told the BBC: "As I tried to apply my brakes, I could feel that the car was just gliding across and realised there must have been black ice.

"As much as I tried to either steer or brake, I just didn't stop.

"It felt like driving in slow motion. I tried to avoid the line of cars and aim for the central reservation, but it was very icy. I just careered into a VW that had a child and two adults in it.

"I remember seeing the shock on the driver's face, and then more cars hitting each other behind me."

Thames Valley Police have appealed for more witnesses.

Sgt Ed Crofts, from the Joint Operations Unit for Roads Policing, said: "We are continuing to investigate the collisions in which sadly a woman died and another is critically ill in hospital. The emergency services worked well together at what was a difficult and challenging scene and we are continuing to investigate what happened.

"If anyone has any information about the collisions and has not already spoken to police I would ask them to call 101 with any details."

The eastbound carriageway reopened just before 6pm after all the vehicles had been removed.

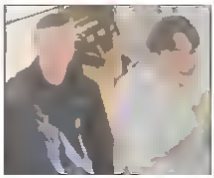
Oxfordshire County Council confirmed the road had been gritted the night before. The road was re-gritted after the clear up.

Police are asking anyone with dash cam footage of the incident to get in touch on 101.

CCTV released of town attack

BANBURY Police have released CCTV of an assault in Banbury on Wednesday November 2.

They want to speak to two men, pictured after a 21-year-old man was punched in the face and chased through the Castle Quay shopping centre.



When they reached the doors to the centre, the victim was pushed into them with such force that a glass door broke.

The incident happened at 4.45pm.

Anyone with information should call 101 or the Crimestoppers line confidentially on 0800 555111.

Fatal accident victim named

FYFIELD A courier driver who died in a crash in Highclere, Hampshire, has been named by police as Ian Sainsbury of Fyfield, near Abingdon.

On Wednesday last week, Mr Sainsbury was driving a Mercedes Sprinter van along the road when he crashed into a tree between Three Legged Cross and the Yew Tree pub and died at the scene.

Mr Sainsbury's family would like to thank people for their support and kind words at this difficult time. They now ask that people respect their privacy as they move forward together.

Shotgun theft sparks appeal

HENLEY Thames Valley Police is appealing for witnesses after shotguns and other items were stolen in a burglary at Henley.

The raid at Henley Country Sports at Friar Park Stables happened between 8.30pm and 9pm on December 30.

Investigating officer Det Con Charlie Ellis of Oxfordshire Force CID said: "There currently is no information to suggest that the items stolen will be used in connection with a particular incident."

Contact police on 101 or Crimestoppers on 0800 555111.

Witness plea on hotel fight

OXFORD Police are appealing for witnesses to a fight at a hotel after a man lost a tooth and was left needing stitches after his ear was bitten.

Officers were called to the Ramada Hotel in Thames Road, Watlington, at 3am on December 22. The 30-year-old victim was taken to the John Radcliffe hospital in Oxford.

A 38-year-old man from Chorley-Lancashire was arrested and released on bail until February 2.

Contact police on 101 or Crimestoppers on 0800 555111.

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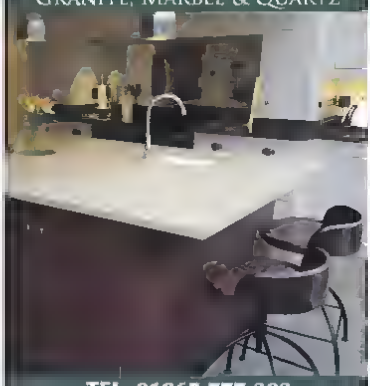

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Animals lucky to escape farm fire

Smoke billows from the scene of the blaze at the farm

Fire crew work to quell the flames

FARM animals had a lucky escape after a blaze tore through a barn and stables last week.

Firefighters were called to Home Farm, Besselsleigh, near Abingdon, at 6.30am on Thursday last week after a number of stables and outbuildings were reported to be ablaze.

The fire had been burning throughout the night before the blaze was discovered.

Two fire engines from Rewley Road Fire Station in Oxford along with a water carrier from Wheatley were swiftly on the scene.

Firefighters used high pressure hose reels to extinguish and contain the fire.

Incident commander station manager Paul Webster said: "With the assistance of the farmer we were able to move the bales of straw away from the building to prevent any further ignition.

"Thankfully none of the animals were injured."

He added: "This was an unfortunate incident in which the livestock were lucky to escape, and a reminder to all farmers to move combustible material away from buildings that are used as stables or barns they keep animals in.

"This building is well away from any road or neighbouring houses so the fire was not discovered until the horse owner returned in the morning."

The cause of the fire is not thought to be suspicious, but a specialist fire investigator from Oxfordshire County Council's Fire and Rescue Service is undertaking additional analysis.

Councils target fraudulent use of county's Blue Badge scheme

MOTORISTS using somebody else's Blue Badge to use disabled parking bays are being targeted in a new crackdown by Oxfordshire County Council.

There are currently just over 23,500 Blue Badge holders across Oxfordshire.

During December and January, the county council, which administers the Blue Badge scheme, is working with Oxford City Council to carry out anti-fraud and investigative work across the county.

Motorists who misuse the system are committing a criminal offence, which can lead to a £1,000 fine, confiscation of the badge and a criminal record.

Councillor Nick Carter, cabinet member for business and customer services, said: "Illegally using a Blue Badge is not a victimless crime.

"For disabled people, Blue Badges are a vital lifeline that helps them maintain their independence and get out and about.

"It's really important to us and to genuine Blue Badge holders that people don't misuse the scheme and take up spaces needed by someone with genuine mobility problems.

"It's extremely inconsiderate and in some cases can make the difference between someone being able to get out and be independent and just turning round and going home."

Cllr Ed Turner, the city council's deputy leader and board member for finance, asset management and public health, urged people not to risk a criminal conviction.

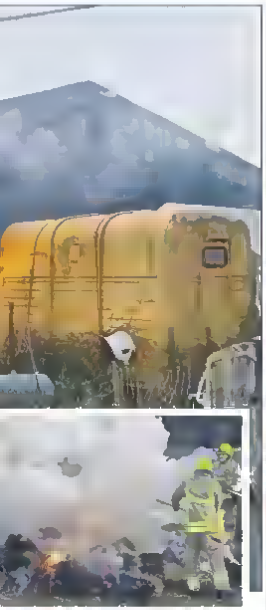
He said: "Abusing a Blue Badge is a crime pure and simple.

"Some people may be tempted to use someone else's genuine badge to run errands for them. They incorrectly think that what they are doing is not fraud, but it's still a criminal offence.

"Fraudulent use of Blue Badges stops genuine users being able to access parking when and where they need it most as well as being a significant loss in revenue to public parking providers.

"So the message is: if you're thinking of misusing a Blue Badge, please think again – you may deprive a genuine Blue Badge holder of a space needed, and risk a criminal conviction."

Anyone who suspects that a Blue Badge is being misused can report concerns at: www.oxfordshire.gov.uk/bluebadge



Fire crew with the smouldering aftermath of the blaze

Didcot railway enthusiast shocked to be recognised on Honours List

Eva Astreinidou: *Reporter*

A RAIL enthusiast started the new year on the right track when she was honoured by the Queen for her services to railway heritage

Didcot Railway Centre volunteer Viv Cooper joined the Great Western Society 53 years ago and has been awarded the British Empire Medal (BEM) in the New Year's Honours List.

Soon after she started, Viv became involved with administration and cleaning of locomotives as well as promoting the society at open days

Didcot Railway Centre, the home of the Great Western Society houses a unique collection of Great Western steam engines coaches, wagons and buildings.

Viv has produced newsletters for members for 40 years and liaised with British Railways for open days and filmings

Her home telephone number was the society's main point of contact for many years.

Speaking of her time as a volunteer she said. "It has been very enjoyable and satisfying. I have met a lot of good people who all work towards the same goals. I will continue to volunteer for as long as I can."

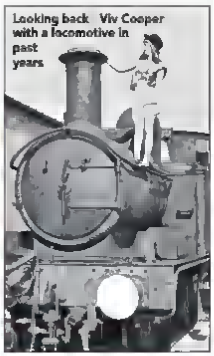
She said. "[The award] was a surprise. I had no idea until I received the official letter"

Viv accepted the BEM on behalf of all the volunteers and will be awarded the accolade by the Lord Lieutenant of the Royal County of Berkshire, James Puxley

In total, more than 70% of awards in the New Year's Honours List will go to people who undertake outstanding work in or for their local community

This year, women made up more than half of the total recipients for the New Year's Honours.

Viv Cooper has been honoured for her services to railway heritage



Looking back Viv Cooper with a locomotive in past years

BMW stolen from car park

THAME Police are appealing for information after a BMW M3 was stolen from the Travelodge car park in Thame, on December 29 at about 3 40pm.

The vehicle was Melbourne red with the registration AX08FWB

The thief was described as an Asian man, bald headed with a slight black beard, and 5ft 6in tall.

Call 101 or Crimestoppers on 0800 555111 if you can help

Club attack appeal

BANBURY Police are appealing for witnesses after a 20-year old woman was assaulted on the dancefloor of the Moo Moo club in High Street on December 27, at about 1 45am.

She lost a tooth and suffered cuts to her mouth which needed hospital treatment.

The offender is described as a white female with blonde hair and an eyebrow piercing

Call 101 or Crimestoppers on 0800 555111.

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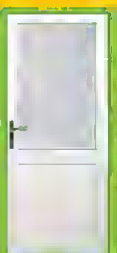

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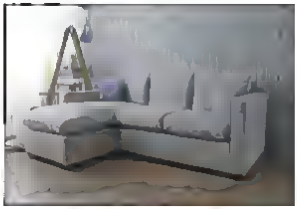

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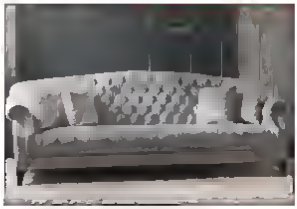

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Campaigners disappointed as Trust fails to recruit doctors

Maternity unit will not be re-opening in the spring

Samantha McGregor/ *Reporter*

CONSULTANT LED maternity services at Banbury's Horton Hospital will not re-open in March, disappointing campaigners

Oxford University Hospitals NHS Foundation Trust said it still had not recruited enough middle-grade doctors to run the service

Last August the trust agreed to suspend consultant-led maternity services and the special care baby unit at the Oxford Road hospital from October 1.

It has reviewed the situation twice since then, but still has not recruited enough middle-grade doctors to allow the obstetric-led unit to re-open in March.

In a statement, the trust said, "The trust committed to regularly reviewing this temporary transfer based on progress made in the recruitment of middle grade doctors to take up the vacant posts

"The unit requires nine middle-grade doctors in post to run safely"

The statement continued, "A review in October 2016 concluded that due to a lack of doctors being identified and appointed, it would not be possible to reopen the obstetric-led unit until March 2017 at the earliest

"The latest review (December 2016) has just concluded and, due to the continued difficulties recruiting suitable doctors, it is clear that the unit will not have enough doctors to re-open in March 2017

"Recruitment efforts are ongoing An advertisement has just closed and the applications from this advert are currently being assessed with interviews being organised for January 2017.

"A new advertisement will also be placed in the New Year"

A spokesman for Keep the Horton General group, Charlotte Bird, said "KTHG would query what the impact of the new improved advertising has been and what changes the trust intend to make in 2017 (four months after the CLM service was suspended) to make the posts more appealing to a wider demographic."

Banbury Labour group leader Sean Woodcock said: "It is extremely disappointing that the consultant led maternity services at the Horton will remain out of action until March.

"The trust needs to show what it is doing to get these vacant posts filled if we are to have any confidence in them."

North Oxfordshire MP Victoria Prentis said, "While I understand that some appointments have been made it is extremely disappointing that there will not be sufficient doctors in post in time for the full obstetric unit to re-open in March.

"I will continue to do all that I can to assist the Trust to ensure that normal service can resume as soon as possible at the Horton.

"I have made it very clear that I strongly oppose splitting the Transformation Programme consultation. It is vital that it is delivered as effectively and efficiently as possible, ensuring everyone has a say over the future of local health provision."

• Plans by the trust called the 'Sustainability and Transformation Plan' which will review health services across the county are expected to be put out for consultation soon.

Labour leader Sean Woodcock

Victoria Prentis MP and fellow hospital campaigners protest at a meeting last year. Picture: *Ian Gentles*

Accounts firm wins top award

The Inca team celebrate their award with horse-racing pundit Luke Harvey

AN Oxfordshire business accountancy firm, Inca, has been awarded an honour held by only 10 other accountancy firms in the UK.

The firm was awarded the Silver Accreditation by Investors in People (IIP).

The accolade is given to just nine per cent of IIP-accredited businesses worldwide

Horse-racing pundit and former jockey, Luke Harvey presented the company's founders and its 10 full-time employees with the award at Inca's offices near Wantage last month.

Mr Harvey said, "I'd like to congratulate Inca on achieving the Investors In People Silver Accreditation a fantastic achievement for a business of any size."

Graham Carson, co-founder of Inca said: "Inca has grown organically by providing a client-led service, but we have only been able to sustain our growth by ensuring our team is well supported with the opportunity to develop.

"I'm delighted our on going commitment to the team has been reflected with Inca's award of the Investors in People Silver Accreditation and we are proud of the individual achievements of all of our team members."

Inca team member Billie-Jean Thomson, said, "The company has come such a long way in the three years I've been here

"It's a fantastic place to work where everyone is encouraged to have a career rather than a job and are fully supported by the whole team, including the directors and management.

"We really are one big family who care about each other and believe in delivering excellence."

Paul Devoy head of Investors in People, said, "The Investors in People accreditation is the sign of a great employer, an outperforming place to work and a clear commitment to success. Inca should be extremely proud of their achievement."

IIP accredited businesses includes employers of all sizes, trade unions, employees academics and thought leaders from across the world – it has the aim of raising the standards of people management by developing, publishing and upholding good practices

Inca is recruiting, to expand its team by the end of 2017

Overturned car leads to police ice warning

POLICE have warned drivers to take extra care on Oxfordshire's country roads in icy conditions after a car overturned in a hamlet less than six miles south east of Oxford.

No other vehicles were involved and nobody was injured when the car flipped over on a rural road in Denton, between Garsington and Cuddesdon, shortly after 1pm on Tuesday

Foggy and icy conditions have caused havoc on Oxfordshire's roads over the festive period and police are urging motorists to be extra careful in the wintery conditions.

A police Twitter account tweeted the picture at 1.41pm and said, "First job of the shift, single vehicle & no injuries. Roads are still icy today so please be careful when driving down country roads."

The overturned car
Picture: *courtesy of @tvpsouthandvale*

Blueprint is adopted for Banbury's future

A BLUEPRINT setting out the future of Banbury has been formally adopted by Cherwell District Council.

Called Banbury Vision and Masterplan, the plan has been adopted as a supplementary planning document, which means it must be taken into consideration as the town is developed.

The masterplan sets out the long-term vision to help strengthen Banbury's economy and make it a more vibrant and attractive town.

It takes into account areas that need investment including highways work to improve traffic congestion problems at the motorway junction and in the town centre, as well as investment in apprenticeships, training and education.

Cllr Colin Clarke, Cherwell's lead member for planning, said: "One of the Masterplan's overriding aims is to ensure that as new developments emerge they work together to enhance Banbury's identity and its position in the wider region.

"Key features of our vision include preserving Banbury's historic centre, strengthening and broadening its economy, and promoting the town's cultural heritage, its environment and education.

"We want the planning process to continue to work alongside initiatives to promote opportunities for local people, reduce congestion and promote the connection of the town's distinctive green spaces."

The plan looks to provide a "north-south green ring" between Spiceball Park and the canal to link with the town centre and create more public spaces.

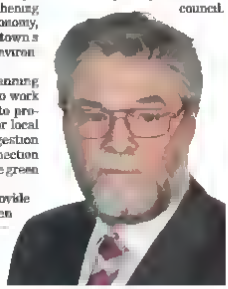
The gateways into the town should be improved and better cycling and walking routes the masterplan says.

It also identifies areas across the town on which regeneration should be focussed. These include Cherwell Street, the Canalside and Spiceball development areas, the Swan Industrial Estate, the Bolton Road development area, the area around St Mary's Church and Calthorpe Street.

Part of the masterplan is to "deliver a vibrant and attractive town centre" and measures set out include providing new leisure, cultural, retail and social opportunities, opening up vacant shops for temporary uses and promoting activities and events in the town centre.

Work on the Banbury Vision and Masterplan began in 2012. It has been developed through public consultation and meetings with key stakeholders.

• A masterplan for Kidlington, which aims to retain the village's landscape and heritage and enhance the canal's recreation corridor, has also been adopted by the district council.



Cherwell Council's lead member for planning Colin Clarke

Passengers injured after airport coach overturns

Georga Welch, *Reporter*

SEVENTEEN people were injured when a coach veered off a motorway slip road and overturned in heavy fog on the M40.

The Oxford Bus Company coach came off the M40 northbound slip road at junction seven near Thame at 2.45am on December 30.

South Central Ambulance Service (SCAS), which declared the crash as a "major incident" due to the number of people involved, said a variety of injuries were suffered, including cuts, bruises and broken bones.

Four fire engines from across the Thames Valley attended, including a specialist rescue vehicle from Kidlington.

When the emergency services arrived, they found the coach had overturned and was halfway down a bank.

Trauma-trained firefighters treated the injured before handing over to ambulance crew.

The driver and all 16 passengers were all taken to the John Radcliffe Hospital in Headington.

The bus was returning to Oxford from Heathrow airport at the time of the crash. The slip road was closed for several hours for recovery work.

Phil Southall, managing director of Oxford Bus Company said: "We are thankful that there were no serious injuries and we have been advised that injuries incurred were a spinal injury, a broken collar bone, minor head injuries and cuts and bruises.

"Our thoughts are with those who have been injured."

Mr Southall said the 54-year-old driver was "very experienced", had worked overnight shifts for a number of years and had worked for the company for 20 years.

A full investigation has been started, but Mr Southall said it was "too early" to speculate on the cause of the crash.

The fire crews worked with police officers and specialist response teams from SCAS and employed thermal imaging cameras, image intensifying lenses, remote cameras and audible searches to try to locate any missing passengers.

Incident commander, group manager Kerry Blair said: "It was very cold and foggy at the time of the incident and emergency service staff assisted by the Highways Agency worked extremely hard to quickly and safely rescue all casualties and ensure they were transported to hospital without delay."

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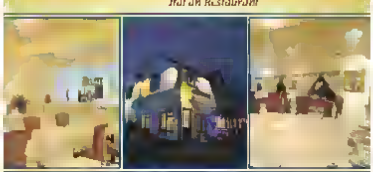
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Shoppers urged to make use of free parking offer

CHERWELL residents are being reminded parking in council run car parks is free after 3pm during January.

The car parks in Banbury and Bicester are offering free parking in a bid to entice people into town to support independent traders.

Cllr George Reynolds, Cherwell's deputy leader, said: "After the burst of sales in the lead up to Christmas, January can be a quiet time for the traders so we want to lend our support by offering an incentive to encourage people into town.

"By offering free parking after 3pm we can benefit the retail shops as well as evening businesses such as restaurants and pubs.

"By coming into town in the afternoon, people can park for free while they do some shopping and carry on into the evening with a bite to eat or trip to the cinema."

Car parking charges currently apply in Cherwell's Banbury and Bicester car parks between 8am and 7pm.

Normal parking charges will apply between 8am and 3pm and all car parks will remain subject to usual time restrictions.

There is no charge to park in Kidlington car parks as these are covered by a covenant.

Firefighters at the scene of the coach crash on the northbound slip road at junction 7 of the M40 near Thame

New plan for £40m retail park

A NEW plan for a £40m retail park at Bicester including Next and Marks & Spencer stores has been submitted.

Consolidated Property Group (CPG) wants outline planning approval to build Bicester Gateway Retail Park on land on the Kingsmere housing estate.

It is the developer's second effort to gain the go-ahead for the scheme. Last year a plan to build six shops a restaurant, gym and a carpark at land on the same site, off Oxford Road, was refused on appeal.

Planning inspector Michael Whitehead said he believed the development would affect "traffic flow" on surrounding roads.

But many residents, including Kingsmere Residents' Association, support the development.

Martin Ridgway managing director of CPG said. "We believe this amended application addresses all the issues that became apparent through the appeal process.

"Importantly we have gone back to the basics with the highways ensuring that there is a robust case and are committed to delivering a scheme that works

"This development is an important £40m investmeot for Bicester, creating over 200 jobs and allowing local residents to shop locally

"Feedback from both M&S and Next shows that many Bicester shoppers drive to Banbury Gateway Milton Keynes, Abingdon and further afield to visit their stores."

An artist's impression of the proposed retail park

The developer said the new application was for a slightly smaller retail area but with an additional 100 car parking spaces and a "frontage" that integrated with the proposed homes on the Kingsmere estate.

The plan includes three main retail units – M&S Next and a unnamed third store – in the main block and a second block including a restaurant and a further smaller shop at ground floor level with a gym on the first floor The site would include 350 parking spaces with further parking at the northern end.

Highways improvements on the A41 would include carriageway widening to ensure the road is future-proofed to cater for extra traffic for another decade

CPG said the road improvements would be required by 2024 whether the shopping development went ahead or not.

In October 2015, Cherwell District Council refused the initial planning application on the grounds of increased traffic car parking and the impact on town-centre retailers

But many residents were angry at the decision with one of them launching a petition which attracted thousands of signatures

A planning appeal inquiry took place in June. Among the objectors were Bicester Village Sainsbury's, Bicester Town Council, business support organisation Bicester Vision and Bicester Traffic Action Group.

• A planning application for a separate proposal to develop a retail park at sports fields off Oxford Road has yet to be submitted. A consultation exercise was held last summer

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£800,000 to fight homeless problem

Georga Welch, *Reporter*

OXFORDSHIRE has been chosen as part of a new trial to prevent homelessness and will receive nearly £800 000 in funding from the Government.

The county is one of 28 areas across the country getting money as part of a £50m programme aimed at preventing people from becoming homeless in the first place.

Oxfordshire's city and district councils have won £796 000 to help vulnerable single adults under the age of 35 and households at risk of homelessness.

The main purpose of the grant is to bring agencies together in a bid to better identify, understand and reach those at risk of homelessness as far ahead of crisis points as possible.

The joint bid from the councils, led by Oxford City Council, will see funding split over 2017/18 and 2018/19 (£395 000 each year).

Mike Rowley, housing portfolio holder for Oxford City Council, said: "I am delighted by this additional funding.

"It will give a boost to all the hard work being undertaken across Oxfordshire to prevent homelessness and fund new approaches to prevent the homelessness of some of our most vulnerable people, at the earliest possible opportunity before any crisis."

The city council added that it would maintain its £1.4m of funding to the city's homelessness charities.

Prime Minister Theresa May said: "As we make this a country that works for everyone, not just the privileged few – we need to look at why people are on the streets, what has gone wrong in their lives and how we can best help them.

"We need to put prevention first and find solutions for families and individuals before they end up sleeping rough.

"Oxfordshire is a great example of an area taking this approach forward.

"Their new network of prevention outreach workers will work with mental health providers to help those at risk of homelessness and their resilience hub will provide advice to those who need it most.

'All of this will help prevent homelessness – not just for one night – but for good."

Communities Secretary Sajid Javid said: "Homelessness is less than half the 2003 peak, but we know that one person without a home is one too many.

"That's why we're changing the way we tackle homelessness and supporting ambitious programmes, such as those developed by Oxfordshire councils."

Councillor Elaine Ware, cabinet member for housing at Vale of White Horse District Council, said: "We are working very hard to address homeless in Oxfordshire so this additional funding will make a big difference."

Tight Squeeze by name and nature for rescue firefighters

A FORMER racehorse was rescued by firefighters after slipping into deep mud in a ditch in South Newington.

The aptly-named 'Tight Squeeze', a retired 18-year old racehorse, was stranded in a deeply banked, extremely muddy swamp like ditch, and was suffering from extreme fatigue and cold on New Year's Eve.

Crews from Banbury and Hook Norton fire stations and a specialist animal rescue team from Kidlington were sent to save the horse, which had been stranded for a number of hours near Wiggington Road at 12.20am.

Working closely with a vet, the rescue teams used slings and harnesses to secure the animal and prevent her from slipping further into the ditch.

After a number of attempts to persuade her out under her own steam failed, the rescue became more complex after she sank further into the mud and into a state of unconsciousness.

But in one last attempt to drag the horse from the ditch before crews sedated her to use a tractor to lift her clear, Tight Squeeze roused herself and, with all the firefighters on the rescue slings pulling her away from the ditch, she was dragged to safety.

After five minutes the motionless racehorse, who had been stranded for so long, slowly raised herself and stumbled on to her feet.

Station manager Brian Butler, who attended the incident, said: "Tight Squeeze is an extremely courageous old lady who will be celebrating 2017 like the rest of us.

"The crews worked extremely hard and professionally to conclude what was a complex and dramatic rescue."

Householders shocked to return from night-out and find their home on fire

HOMEOWNERS in a north Oxfordshire village returned from an evening out to find their house on fire.

Oxfordshire Fire and Rescue Service said the fire at the home in Hill Farm Lane, Duns Tew, at 10pm on Thursday last week started in a garage and spread towards the house.

But after neighbours alerted the emergency services, fire crews prevented further damage. At the height of the blaze, fire engines from Deddington, Banbury, Charibury and Woodstock attended the incident, supported by the incident support unit from Eynsham.

Ambulance crew, police officers and highways personnel also attended.

Initial thoughts suggested that the owners could still be inside but this turned out not to be the case, the fire service said.

The scene of the blaze at the home in Hill Farm Lane, Duns Tew

Crews were breathing apparatus and used high-pressure hose lines to prevent further damage caused by moderate fire and smoke damage.

The cause of the fire has not yet been confirmed but it is believed to have been accidental.

An investigation is currently on going by specialist fire investigation officers from Oxfordshire County Council's Fire and Rescue Service.

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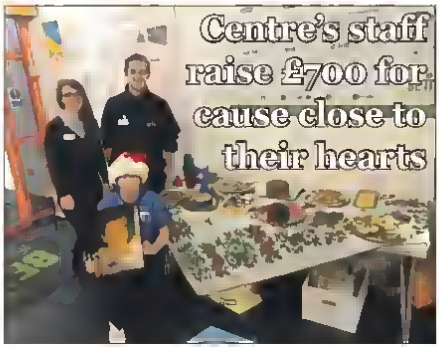
Centre's staff raise £700 for cause close to their hearts



Abigail Smith (lead duty manager at Didcot Leisure Centre), Colin Williams (community sports manager at South Oxfordshire and Vale of White Horse) and, front, Paulina Hagan (duty manager at Didcot Leisure Centre)

A LEISURE centre's Christmas bake sale has raised hundreds of pounds for a charity close to the hearts of staff at the facility

Staff and members of Better's Didcot Wave leisure centre in Newlands Avenue enjoyed a selection of tasty baked goods at a fundraising event last month, raising more than £700 for the Motor Neurone Disease Association (MNDA) in the process

The event aimed to raise awareness about the MNDA and the work it does within the local Oxfordshire community. One generous Didcot resident donated £250. The sale was particularly poignant for duty manager Pauline Hogan, who lost her mother to the disease last year and was behind the initiative

Colin Williams, community sports manager for South Oxfordshire and Vale of White Horse said: "All staff at the Didcot Wave and Didcot Leisure Centre are extremely proud of Pauline's efforts

"She raised a significant amount for the charity in a single day as well as raising awareness of the disease amongst the local community."

Couple's joy at finishing trans-Atlantic challenge

A HUSBAND and wife from Oxford have completed a trans-Atlantic yacht race after more than two weeks of thrilling ocean racing.

John and Hilary Edwards, both 50, crossed the finish line of the Atlantic Rally for Cruisers (ARC) in St Lucia following an 18-day voyage from the Canary Islands last month.

Part of a 12-member amateur crew to sign up with Southampton-based sailing instructors First Class Sailing, the pair helped their Challenger 72 yacht to 52nd place overall and sixth in class in the 2,700-mile ARC despite their relative inexperience.

The driving force behind their participation, Hilary was exhilarated to have ticked off a long-term ambition.

She said: "It was a great experience and I would do it all over again.

"I liked the competition aspect which made life more exciting but also the calmness of being out on the ocean alone uncontactable and with out another boat in sight.

'Everyone jelled really well and helped each other out. I was so pleased that we did it."

John, a retired financial sector entrepreneur was convinced to take part by Hilary. He said. "Some of the highlights included the incredible night skies in the mid Atlantic and dolphins swimming with the front of the boat as well as birds miles and miles out to sea.

"I remember the feeling as we saw the glow of the very first lights in the distance as we neared land."

Skippered by sailor Ricky Chalmers, their vessel was one of more than 200 to take part in the race.

John and Hilary Edwards and the rest of the crew celebrate

A member of the crew

Hilary Edwards takes it easy

Heave ho. Hilary Edwards hauls on a rope on board the yacht

Couple John and Hilary Edwards

Tourism holds 'real promise'

TOURISM supported 33,447 jobs across the county in 2015, according to new figures

Experience Oxfordshire found there was a 4.2 per cent rise in industries related to the tourism trade, meaning the county's "tourism sector continues to thrive"

Hotels benefited from a 5 per cent increase in overnight stays and the county benefited from a 4.1 per cent increase in the value of overnight stays, according to the research.

Domestic visits to Oxfordshire remained unchanged between 2014 and 2015, which mirrored the national trend, but spend still increased

As a result of the increase in international trips, overnight stays from international visitors reached 0.6 million, with an average spend of £27 million per month in the local economy

The total spend for overseas and domestic visitors was £1.54bn.

Experience Oxfordshire chief executive Hayley Beer-Gamage said. "These are a really positive set of results and we are delighted to see 5 per cent growth in value."

She added: "We remain committed to working hard to grow and develop Oxfordshire's visitor economy and will continue to monitor trends year on year to see how the county's tourism sector continues to thrive. It provides real promise for the coming years."

Residents urged to exercise every day

AN eight-week activity challenge has been launched to entice more Oxfordshire people to exercise daily

Run by Oxfordshire Sport and Physical Activity (OxSPA), the Active Lunch Challenge, which was launched on Wednesday and runs until February 28, is urging people to participate in daily 10-minute 'bite size' chunks of exercise

The aim is get as many people engaged in physical activity in and around their working day to maintain a healthy lifestyle through fun activities such as office aerobics and company-wide congas.

An estimated 40 per cent of people do not exercise enough, according to Public Health England, and research shows that time is the biggest barrier to sport and activity

Jenny Willson, physical activity manager for Oxfordshire Sport and Physical Activity, said. "It's so important more people introduce physical activity into and around their working day, but the perception for many is that it's just too difficult to achieve

"We want local people to get away from their desks, get off the shop floor and get out of the factory – it doesn't matter what they do, the most important thing is that they take steps to change their normal routine by introducing some form of physical activity."

Man punched as phone stolen

OXFORD A 20-year-old man was pushed over and punched twice as he was robbed outside the Randolph Hotel.

At around 1am on December 17 the victim was approached by a man who asked for the time when walking along Beaumont Street near the hotel.

The robber snatched the black iPhone 7plus and its tan leather case from the victim's hand, before pushing him to the ground and punching him twice

Police said the offender is a white man around 23 years old, of medium build, around 5ft 8ins tall with light blonde hair which was short on the side and long on the top

Contact police on 101 if you have any information to help.

Man punched in phone theft

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Contact police on 101

Council staff lose their jobs

OXON Nearly 100 staff at Oxfordshire County Council were sacked just days before Christmas

A total of 90 staff were told just three days before Christmas they would lose their jobs this month

These latest sackings will be in addition to 24 who accepted voluntary redundancy and another eight children s centre teachers who were handed redundancy notices in 2016.

The council is attempting to claw back £377m over a 10-year period until 2020.

Company faces administration

BANBURY 90 workers are facing losing their jobs as a civil engineering company with offices in north Oxfordshire was placed in administration.

Moulding Contracts Limited was placed into administration on December 16.

The firm, which has a base at Launsborough Barns near Banbury, failed to find a buyer and additional funding support has not been successful.

The family run plant hire company was formed in 1950

Put your tree out with waste

W OXON Residents in west Oxfordshire are being reminded that they can recycle their Christmas tree with their garden waste.

Real trees along with holly ivy and mistletoe can be put out for recycling after garden waste collections resume from Tuesday

All decorations lights and wire should be removed from trees before they are put out for collection.

If the tree is larger than 120cm / 4ft it should be cut up into smaller pieces

Garden waste collections have been suspended from Christmas Day until Monday with other bin collections operating on a Bank Holiday schedule

Residents can check collection dates at www westoxon gov uk

More older people in rural communities will be encouraged to take part in GO Active Gold

More encouraged to get fit in golden years

Georgia Walch, *Reporter*

SOUTH Oxfordshire and Vale of White Horse District Councils are helping those aged over 60 living in rural communities to be more active

GO Active Gold is to provide more exercise-related fun in 2017 after a successful 2016 which saw more than 1 000 residents from 20 different communities take part in over 70 GO Active Gold activities

Twenty-six new villages are already signed up to host activities, such as walking, jogging, table tennis and walking football, next year.

The councils were awarded £227,269 by Sport England for the three-year project which runs until 2019

People can find out what GO Active Gold could offer their rural community by coming along to a free taster session, including a presentation from GO Active Gold staff, two taster activities a functional fitness MOT and refreshments

Cllr Charlotte Dickson, cabinet member for leisure at the Vale, said "This is great news for many people across our rural communities GO Active Gold has been a fantastic success so far and in 2017 will reach even more people, providing local activities for everyone over 60 "

The free taster sessions run from this month and into February They run on.

- Wednesday January 18 – East Hagbourne Pavilion – 9 30am to 12 30pm
- Thursday January 19 – Stanford in the Vale Village Hall – 10am to 12.30pm
- Monday January 23 – Abbey Sports Centre – 9 30am to 12 30pm
- Wednesday January 25 – Harwell Village Hall – 12.30pm to 3 30pm
- Thursday January 26 – Wootton Community Centre – 12 30pm to 3pm
- Monday January 30–Bix and Assendon at Bix Manor–10am to midday
- Wednesday February 1 – Horspath Village Hall – 9 30am to 12 30pm
- Thursday February 2 – Rotherfield Peppard Sports Pavilion –10am to midday

Cllr Anna Badcock, cabinet member for leisure at SODC said. "GO Active Gold activities have benefited so many people helping them to get more active make new friends and feel a greater part of their community

"To find out what's on offer for 2017 in your area make sure you sign up for one of our taster sessions."

Advertorial

d'Overbroeck's Oxford

In 2017 our Sixth Form will move to a brand new site at 333 Banbury Road. This means that all of our A level students will then be on one site with excellent facilities for Art, Drama and Music as well as a cafe and social area, library and study area, student dining and plenty of beautifully landscaped outdoor space.

The new site has been designed very much with learning in mind. For example there are areas all over the building where students can study independently or collaboratively –from quiet areas in the library to communal spaces suited to conversation and discussion.

However whilst the buildings provide us with better facilities and there is lots here to get excited about, d'Overbroeck s is essentially about people It is a school that builds on the strengths of its students rather than expecting students to fit with its requirements. It is a place where there is a common sense of purpose and a belief that the journey together should be fun as well as stimulating. Many people are initially surprised that teachers and students at d'Overbroeck's use first names but this reflects an approach which encourages discussion and dialogue and builds a sense of learning as a collaborative undertaking We aim to develop an intellectual curiosity and, in the words of philosopher Michel de Montaigne to develop "well-made heads not full ones" There is a real sense of mutual respect and a feeling that this is a place where peoples ideas and views are respected and listened to. It is a happy, successful environment full of laughter and energy

d Overbroeck s is a co-educational independent school in Oxford with entry at age 11+, 13+ and directly into the Sixth Form

OPEN DAYS – 4 February and 6 May 2017
www doverbroecks.com/open-day

Save money and lose weight staying dry

OXFORDSHIRE County Council is urging people across the county to wave goodbye to booze and join the millions going dry this month.

Dry January is an annual behavioural change campaign by Alcohol Concern, a national charity working to reduce alcohol related problems which encourages people to give up alcohol for the month.

According to YouGov one in six people in the UK attempted a Dry January in 2016 and Alcohol Concern said 79 per cent of participants save money and 40 per cent lose weight.

To help staff learn more about the benefits of giving up alcohol for a month, Alcohol Concern visited Oxford and Banbury to serve up some delicious alcohol alternatives including sham pagne and mocktails and to dish out tips on the health and wealth bonuses of a dry month

Councillor Hilary Hibbert Biles, OCC's cabinet member for public health, said "Dry January isn t about trying to convince people to give up drinking for good, it s about trying to make people reassess their relationship with alcohol and remind them of the positive impacts such as weight loss, saving money and overall improved health and wellbeing."

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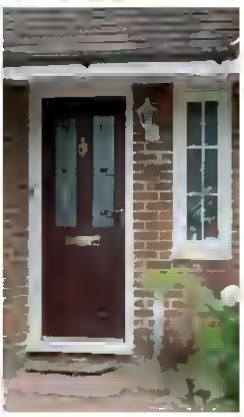

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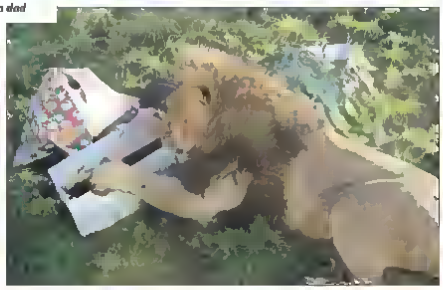
Presents are always to be enjoyed at Christmas whether you're a child or a cub or even dad



Having the lion's share of fun...

The King of the jungle has sure taken a licking to this gift Pictures: Cotswold Wildlife Park

IT was a very happy Christmas for a family of lions who couldn t wait to open their presents this festive season

Dad Rana, mum Kanha and their first ever lion cubs enjoyed a very special Christmas enrichment at the Cotswold Wildlife Park in Burford.

The triplets named Kali, Sita and Sonika, and mum Kanha barely got a look in as Rana devoured the lion s share of special Christmas gifts.

The cubs were exactly seven months old on Christmas Day

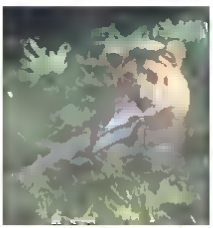
The cubs are the first ever lion triplets born at the Park so keepers wanted to make their first Christmas a special one

The presents and Christmas tree fascinated the new lion family- curiosity got the better of them and the presents were ripped open in seconds

These Asiatic Lions were just one of the species to receive Christmas enrichments at the Park.

Keepers also treated the otters, meerkats and squirrel monkeys to their own special seasonal treats

These included Christmas crackers filled with their favourite treats and a Christmas Tree adorned with juicy grapes for the squirrel monkeys



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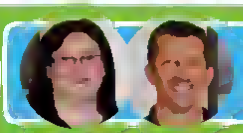

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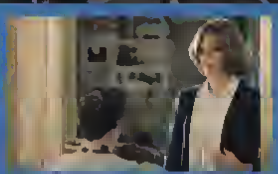
A show you can really commit to enjoying

Pages 22&23

5 of the best...

Your guide for your leisure time in & around Oxfordshire



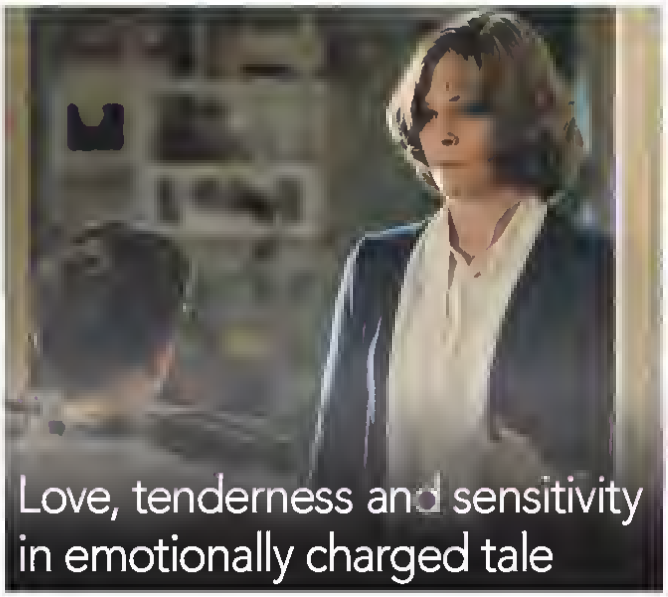
A Monster Calls review > p22

Coming up in 2017 > p24

Healthy eating for kids > p29

At the cinema *with Damon Smith*

A Monster Calls (12A)



Love, tenderness and sensitivity in emotionally charged tale

Lewis MacDougall as Conor O'Malley and Sigourney Weaver as Conor's grandmother
Picture: PA Photo/Entertainment One

Adapted by Patrick Ness from his award-winning novel, A Monster Calls is a tender coming of age story that will strike a chord with anyone who has lost a loved one to terminal illness

"Most of us just get messily ever after .. and that's all right" reflects one character in J A Bayona's haunting and elegiac film, which witnesses the devastation wrought by cancer through the eyes of a 13-year-old boy who has yet to come to terms with the impending loss of a parent.

In the hands of another filmmaker, the teenage protagonist's inner turmoil could provide a road map to emotional manipulation via crocodile tears and mawkish sentimentality.

Spanish filmmaker Bayona, who deftly handled the destruction of the 2004 tsunami through the eyes of another adolescent in his drama The Impossible, allows our tears to well gradually, rather than bludgeon us into submission.

Edinburgh-born relative newcomer Lewis MacDougall is mesmerising as the film's fulcrum, leaning at his character's fractured heart with maturity beyond his years.

Felicity Jones and Sigourney Weaver offer sterling support, while director Bayona marshals impressive visual effects to elegantly underline each haunting dramatic note.

Stars Lewis MacDougall, Felicity Jones, Sigourney Weaver, Toby Kebbell, and the voice of Liam Neeson
Director J A Bayona

The catharsis of the final act is a thing of exquisite, heartbreaking beauty

Reclusive schoolboy Conor O'Malley (MacDougall) is in denial about the dark shadow hanging over his mother Lizzie (Jones).

He silently soaks up physical abuse at school from bullying classmate Harry (James Melville), and seeks refuge each night in his vivid illustrations.

As darkness falls and midnight strikes, the yew tree which stands guard over the nearby church magically comes to life and morphs into a gnarled creature (voiced by Liam Neeson).

The behemoth visits Conor and promises to share three parables.

"Stories are like wild animals. When you let them loose, who knows what havoc they may wreak," growls the hulking visitor.

The creature demands just one thing from Conor in return. "Tell me your nightmare."

Each night, the creature spins his yarn and the boy listens intently, searching for meaning in the words.

He only finds bitterness and confusion.

"Many things that are true feel like a cheat," warns the creature.

Meanwhile, Conor struggles to articulate his churning maelstrom of fears to his well-to-do grandmother (Weaver) and estranged father (Toby Kebbell).

A Monster Calls is an unforgettable start to the new year, crafted with love, tenderness and sensitivity.

The catharsis of the final act is a thing of exquisite, heartbreaking beauty.

I surrendered to juddering, uncontrollable sobs, remembering the loss of my mother eight years ago to the same merciless and monstrous disease.

Some wounds never heal, nor should they, for they are an important reminder of the fragility of our precious day-to-day existence, which we take for granted at our peril.

The luck of the Irish

Jamas Richings

IF the success of the film version of The Commitments is anything to go by then the stage adaptation is set to have audiences singing in the aisles.

Based on the famous novel written by Roddy Doyle, 'The Commitments' tells the story of Jimmy Rabbitte who forms a Dublin-based soul group in the mid 80s.

However, the creation of The Commitments occurs whilst the country is going through one of its worst recessions, as people all over Ireland are desperate to keep hold of their jobs with the economy in a dire state.

So the idea to form a band to lift the spirits develops. But as time goes on personality clashes start to ruin the group's harmony.

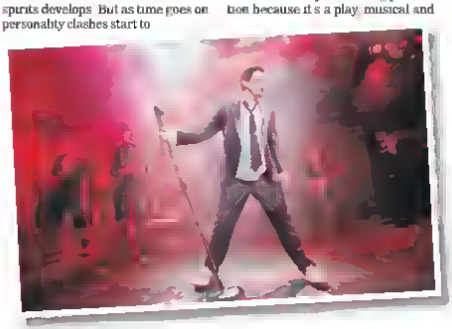
Will the group be on song when their gigs come around? Or will they be over before they really started?

Find out when 'The Commitments' comes to the George Street venue from Monday.

"I've never performed at the New Theatre before and in actual fact, this will be my first time in Oxford altogether so I'm really looking forward to the experience," actor Brian Gilligan who plays Deco told The Oxford Paper.

"As an actor I hope to really feed off the energy from the audience because I want them leaving the show feeling entertained.

"This is really a cracking production because it's a play, musical and



The popular musical The Commitments runs at Oxford's New Theatre from Monday until Saturday
Pictures: Johan Persson

rock con
cert all in one – so they'll be going away with so much to talk about in just two hours."

Originally published in 1987 the novel became a best seller which then led to the story being adapted for the big screen in 1991 which turned out to be a huge success

Grossing nearly £15million worldwide, the movie was a smash hit, nominated for numerous awards, including an Academy Award (Oscar), a Golden Globe award, and six British Academy Film Awards (BAFTA), with the film winning five of the latter

Twenty two years later the story was transformed for the stage featuring the popular hits from the movie including Mustang Sally, In The Midnight Hour, Try A Little Tenderness and many more. It debuted at London's Palace Theatre in October 2013 where its original two-year run realised more than 1 000 shows

It closed in November 2015 before reopening in the autumn of last year

Brian was part of the original cast just over three years ago and said the opportunity in return to the production was too good to turn down.

"It's a brilliant show" he said

"We've been on the road for three months now and we're having a splendid time

"I've got a cracking part so it's great to be doing it again as the audience are just mental so it's great"

He added. "I think the audience will hate my character (Deco) but love him at the same time

"Deco is this arrogant singer as he wants to be a star because he knows how talented he is

"But his attitude is something that affects the whole band as he rubs everyone up the wrong way

"So when the band breaks due to a combination of many things it usually points back to Deco's ego and attitude without giving away too much."

Eight performances will take place with the show running until Saturday. Tickets cost from £15 to £55 50

Open Mic Night

CORNERSTONE ARTS CENTRE, DIDCOT

Brighten up your Tuesday evening at our Open Mic night at Nourish. We are constantly impressed by the number of amazing musicians and artists in the area and by the warmth of the audience. You may even spot or be, the next big thing.
Tue, Jan 10

The Oxford Jazz Masters Series

PLAYHOUSE, OXFORD

The trio have recently released a new CD Suite of Dreams, that Downtown Music Gallery, New York described as having "a calm, careful and often haunting quality to the music that I dig"
Thu, Jan 12

Los Pacaminos feat Paul Young

THE MILL ARTS CENTRE, BANBURY

Los Pacaminos features Paul Young, Drew Barfield, Mark Pinder, Steve Greetham, Jamie Moses and Melvin Duffy (UK's premier pedal steel player) One of the UK's most popular Live touring bands, Los Pacaminos play the very best in Tex Mex Border music from The Texas Tornadoes and Ry Cooder to Los Lobos and even Roy Orbison.
Fri, Jan 13

The Pied Piper

CORN EXCHANGE WALLINGFORD

This re-telling of a classic story is full of ratty fun with Sour Kraut (the witch) and Rat-Worst (the chief rat) battling Fairy Strudel and a host of comical characters, including Dame Helga, the local sausage maker
A colourful chorus and a brilliant principal girl and boy complete this lively fun pantomime.
Fri, Jan 13

Dancing Bear, Dancing Bear

OXFORD PLAYHOUSE OXFORD

There are two men on stage They dress, they fight, they get aggressive. Over a pair of headphones a woman tells a story wonders about the difference between their bodies and thinks about her shoes Dancing Bear Dancing Bear is a playful show about how we perceive gender identity mixing striking physicality and a hypnotic soundscape. Join us for a journey into sound and movement
Sat, Jan 14

Oxford entertainment

Oxford's entertainment highlights

To promote your event please email events@taylornewspapers.co.uk

The Secret Life of Pets

THE BEACON WANTAGE

Ever wonder what your pets do when you're not home? A fast-paced computer animated adventure comedy blessed with a star-studded voice cast. Two pet dogs who embark on an adventure through New York when they find out that an angry bunny is scheming against humans
Sat, Jan 14

An Evening with Aggers & Tuffers

NEW THEATRE OXFORD

From the last home Ashes series in 2013. Evenings with Aggers have been delighting audiences all over the country Now following in the footsteps of Geoffrey Boycott Sunil Gavaskar and Graeme Swann, Phil Tufnell teams up with his TMS colleague for a series of shows from February 2016
Tue, Jan 17

Tangomotion

PLAYHOUSE, OXFORD

The world-class dancers of Tangomotion bring you a performance bursting with intoxicating Argentinian rhythms and Latin passion, accompanied by the tantalising music of Tango Nuevo and exquisite sounds of 1930's Buenos Aires. Blending the stunning costumes and extravagant sounds of traditional tango with the wild and powerful music of Astor Piazzolla, all played live by the electrifying band Tango Siempre, Tangomotion is a thrilling mix of old and new
Wed, Jan 18

The Remains of Tim Lehrer

OXFORD PLAYHOUSE OXFORD

The satirical songs of Tom Lehrer have delighted and horrified audiences for decades, both through his own rare, acerbic performances and in the revue format of the West End and New York hit show Tomfoolery
Thu, Jan 19

Ghost Hunt

OXFORD PLAYHOUSE, OXFORD

Enter a mysterious and intriguing supernatural world with Haunted Houses at the New Theatre. Be one of the first to venture through the venue after dark, exploring hidden secrets within the stone walls of the oldest theatre in Oxford.
Fri, Jan 20

Barry Steele & Friends: The Roy Orbison Story

NEW THEATRE, OXFORD

Barry Steele is widely recognised as one of the world's leading vocalists playing homage to legend Roy Orbison. He has stunned audiences across the globe with his uncanny similarity and ability to authentically revive the exquisite toe-tapping sound of this music giant
Sat, Jan 21

The Bear

CORNERSTONE ARTS CENTRE DIDCOT

One night when she's fast asleep, an enormous snowy white bear climbs into Tilly's bedroom. It has a big black tongue and a yawn as big as your head But Tilly's not scared.
Sun, Jan 22, 2pm

ENTERTAINMENT

Burglar Bill

THE BEACON, WANTAGE
Capturing the spirit of the book, and with an exciting set featuring lots of windows to climb through, Burglar Bill and Burglar Betty tell this much loved story with the help of puppets, music, song and dance.
Sun, Jan 22

Edward II

OXFORD PLAYHOUSE, OXFORD
University of Oxford students present a new version of Christopher Marlowe's political thriller England. The King is dead and his son, Edward II, now sits on the throne, full of radical ideas and driven by a forbidden passion
Wed, Jan 25 – Sat, Jan 28

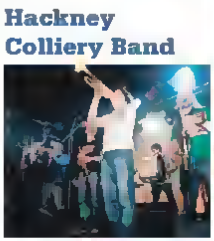
Much A do About Nothing

STUDIO THEATRE CLUB, OXFORD
Young lovers Hero and Claudio are to be married in one week. To pass the time, they conspire with Don Pedro to set a "lover's trap" for Benedick, an arrogant confirmed bachelor and Beatrice, his favourite sparring partner. Meanwhile, the evil Don John tries to ruin it all by accusing Hero of infidelity. Will it turn out to be "much ado about nothing"?
Wed, Jan 25 – Sat, Jan 28

The Psychic Project

OLD FIRE STATION, OXFORD
Not wanting to be left behind, US scientists began a secret project to train civilians as psychic spies: stealing secrets, manipulating memories and finding out if thoughts can kill.
Fri, Jan 27

Hackney Colliery Band



CORNERSTONE ARTS CENTRE, DIDCOT
One night when she's fast asleep, an enormous snowy white bear climbs into Tilly's bedroom. It has a big black tongue and a yawn as big as your head. But Tilly's not scared
Fri, Jan 27, 8pm

What's on in Oxford

Lee Nelson

CORNERSTONE ARTS CENTRE, DIDCOT
After getting into trouble for sneaking into places he shouldn't, Lee Nelson is back where he most definitely should be: live on stage with his brand-new laugh-outloud, best ever stand-up show
Sat, Jan 28

Stewart Lee: Content Provider

OXFORD PLAYHOUSE, OXFORD
Following his BAFTA-winning TV show Stewart Lee's Comedy Vehicle, Content Provider is Stewart's new full-length show: the first since the award winning Carpet Remnant World. He co-wrote the audacious Jerry Springer: The Opera, which won four Olivier Awards and he recently won the Best Male TV Comic and Best Comedy Entertainment Performance at the British Comedy Awards.
Mon, Jan 30 – Sat, Feb 4

Josie Long

OLD FIRE STATION, OXFORD
This is a show about optimism and hopefulness and about looking for people and things to look up to. It's about wanting more from life than it might be up for giving out.
Thu, Feb 2 – Sat, Feb 4

Jason and the Argonauts

CORNERSTONE ARTS CENTRE, DIDCOT
A refugee forced out of his own land, Jason sets out on an epic quest across the known universe to find the magical Golden Fleece that will prove his identity
Sat, Feb 4

Wow! Said the Owl

CORNERSTONE ARTS CENTRE, DIDCOT
Based on the acclaimed children's book by writer Tim Hopgood, Wow! Said the Owl explores the wow-wow world of colours with a curious little owl who is determined to stay awake to see what daylight brings
Sun, Feb 5, 2pm

Loyle Carner

O2 ACADEMY, OXFORD
Loyle Carner is live in Oxford in support of his highly anticipated debut album, Yesterday's Gone. Loyle's insight, erudition and poetic intensity have earned him the respect of all the right people: die-hard hip-hop fans, industry insiders and most importantly, his peers.
Tue, Feb 7

Suddenly Last Summer

OXFORD PLAYHOUSE, OXFORD
Considered one of Tennessee Williams' most poetic works, Suddenly Last Summer is an epic journey into mind, memory and malice
In a new production of this rarely produced classic, legendary University of Oxford student company ETC use music and movement to reimagine this dark and haunting tale of mother and son.
Wed, Feb 8 – Sat, Feb 11

If you have a forthcoming event and wish to advertise it in one or more of Taylor Newspapers titles including this one please call 01235 511700 where we will be pleased to help.
For press releases about forthcoming events please email events@taylornewspapers.co.uk (images welcome) – specifying the area that the event is taking place in and we will do our best to promote it for you, space permitting, in one or more of our newspapers.

Miles Jupp will be at the Burton Taylor Theatre on January 14 and below, John Partridge as Zaza in La Cage Aux Folles at the New Theatre

2017 is all set to offer wide variety for theatre lovers

By James Richings

What a year 2016 has been.

The last 12 months have seen hundreds of musicians, comedians, musicals and operas command the stage at Oxford's theatres.

But it's now out with the old and in with the new, as 2017 is just around the corner.

So what does the first month of the New Year have up its sleeve?

The Burton Taylor Studio kicks off its 2017 entertainment bill with 'Probably the Best Comedy Songs in the World Ever... Maybe', on Wednesday January 4.

Pat Abernethy and Dave Marsden arrive at the Beaumont Street venue with a piano and perfect comedy timing as they will perform hits from Elvis, The Righteous Brothers and Flanders and Swan with a comedy twist.

A day later on Thursday January 5, comedy play 'Boxed In' arrives at the BT Studio.

Suitable for over 14s, the play tells of two females who feel they are boxed in, as they face battles with mental health issues and body confidence.

The Burton Taylor Studio's partner, the Oxford Playhouse will then have Miles Jupp arrive at the theatre on Saturday, January 14. The comedian and actor arrives in the city as part of his UK tour, 'Songs of Freedom'.

The end of the month will see fellow comedian Stewart Lee return to the theatre with his, 'Content Provider' UK tour.

He comes to the city from Monday, January 31 to Saturday, February 4.

Meanwhile at the New Theatre, the first act to grace the George Street venue will be 'La Cage aux Folles', which will take place from Thursday, January 5 to Saturday, January 7.

Georges and the drag artiste Alhin, who is the star at the drag club La Cage aux Folles in St Tropez.

But one day, Georges' son Jean-Michel announces his engagement to the daughter of a notorious right-wing politician who is determined to close down the local colourful nightlife.

Six days later comedian Jack Whitehall will visit Oxford as part of his 'At Large' UK tour.

The League of Their Own Star, writer and actor, is stopping in the city on Sunday, January 15 and Monday, January 16.

The New Theatre will also see The Johnny Cash Roadshow arrive on Friday, January 27 with musical 'Vampires Rock: The Ghost Train' stopping off in the city a day later on Saturday, January 28.

And the final act at the New Theatre for January will see multi-awarding show 'Sunny Afternoon' from Tuesday, January 31 to Saturday, February 4.

Telling the story of how The Kinks became one of the UK's most successful groups.

The Old Fire Station in Oxford is also hosting a number of events in January, which includes 'The Psychic Project'. The play examines events during the Cold War.

The theatre will also see band Hope & Social arrive at the George Street venue.

The six piece band from Leeds will perform tunes off their six studio albums

Celebrating David Bowie

O2 ACADEMY BRIXTON
'Celebrating David Bowie' unites the icon's friends and collaborators for an unmissable show at O2 Academy Brixton on Sunday 8 Jan 2017. As part of a worldwide series of concerts, this one-time only event will honour the iconic artist on what would have been his 70th birthday.
Sun, Jan 8

Abigail

THE BUNKER, LONDON
In a snow-covered Berlin, a young woman meets a middle aged man and they fall in love. As the year progresses they fall apart. Told across a fractured timeline where the past and present collide, Abigail explores the fragility of love and the desperate measures we all go to in order to keep control in an unpredictable world.
Tue, Jan 10 – Sat, Feb 4

What's on in London

The Royal Ballet: The Nutcracker

THE ROYAL OPERA HOUSE, LONDON
Step into the magical Land of Snow and Kingdom of Sweets as The Nutcracker returns to the Royal Opera House. Tchaikovsky's classic ballet is once again brought to life by The Royal Ballet in Peter Wright's enchanting production featuring classic characters Drosselmeyer, the Mouse King and Sugar Plum Fairy.
RUNS UNTIL: Thu, Jan 12

Beyond Caravaggio

NATIONAL GALLERY, LONDON
Trace Michelangelo Merisi da Caravaggio's revolutionary impact on the evolution of European art with Beyond Caravaggio at the National Gallery. Bringing together more than 50 works from renowned museums and private collections across the UK.
END OF RUN: Sun, Jan 15

Holding the Man

BROCKLEY JACK STUDIO, LONDON
Holding the Man is a coming-of-age drama about first love and loss conveyed with warmth and humour in this immersive stage production. It is a true-to-life story about growing up in Melbourne as a young gay man, and the fight for human rights and equality.
Tue, Jan 17 – Sat, Feb 4

Dirty Great Love Story

ARTS THEATRE, LONDON
Two hopeful hapless romantics get drunk, get it on and then get the hell away from each other. In her eyes he's a mistake. A mistake who keeps turning up at parties. In his eyes, she's perfect. An achingly funny romantic catastrophe of good intentions and bad timing that asks: can a one-night stand last a lifetime?
Wed, Jan 18 – Sat, Mar 18

Cage The Elephant

O2 ACADEMY, BRIXTON
Long celebrated as one of the most explosive live bands in the world, Cage The Elephant return to the UK for a new tour. The band support their critically-acclaimed album, 'Tell Me I'm Pretty' produced by Dan Auerbach of The Black Keys and mixed by Tom Elmhirst (Amy Winehouse, Adele, Florence + the Machine).
Fri, Jan 20

The Flaming Lips

O2 BRIXTON, LONDON
Oklahoma rockers The Flaming Lips return to the UK for a highly-anticipated performance at O2 Academy Brixton.
Sat, Jan 21

Bianco

NOFIT STATE'S BIG TOP, LONDON
Marvel at a dramatic live contemporary circus performance from NoFit State. Bianco is an immersive promenade show directed by Firenza Guidi. It takes place above, behind and all around a standing audience, with a constantly evolving narrative set to a pounding soundtrack performed by a live band.
RUNS TO: Sun, Jan 22

Lazarus

KING'S CROSS THEATRE, LONDON
David Bowie's musical Lazarus is set to open in London's West End. Lazarus, the David Bowie musical is a sequel to the 1976 film 'The Man Who Fell to Earth' in which David Bowie starred as Thomas Newton. The south London born singer, songwriter and actor David Bowie was a leading figure in popular music for over five decades, and had always dreamt of writing a musical for the London and New York stage. He began working on Lazarus in earnest in 2013, and according to Van Hove, wrote like "a man on a deathbed" in order to get the work completed before his death.
END OF RUN: Sunday, Jan 22, 2017

The Little Matchgirl and other Happier Tales

SAM WANAMAKER PLAYHOUSE, LONDON
Inspired by the beautiful and devastatingly sad Hans Christian Andersen 'wonder' tale, The Little Matchgirl (and Other Happier Tales) will reveal a spellbinding world of magic and mystery. Steeped in the metaphor and meaning that runs through the veins of Andersen's enduring story this will be a night to delight, transport and surprise.
RUNS TO: Sun, Jan 22

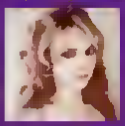
Advertorial

Let the City of Oxford Orchestra help you banish those January blues with a wonderful Viennese New Year Concert at the Sheldonian Theatre on 14 January. Their remarkable Artistic Director, Stephen Bell, is known all over the world for his brilliant conducting of such concerts. In the first half, internationally renowned pianist, Tom Poster, will play one of Mozart's most beautiful piano concertos. In the second half, Stephen will whirl the orchestra and audience to Vienna with an eclectic mixture of Strauss favourites, and the amazing soprano Pamela Hay will add her own special magic and charm to the proceedings when she and Tom perform some Gershwin songs. Not to be missed!

CITY OF Oxford Orchestra
Founded 1955
Oxford's professional Orchestra

SHELDONIAN THEATRE
Saturday 14th January 8pm
44th Annual Traditional
Viennese New Year Concert

Stephen Bell, Conductor


Pamela Hay, Soprano

Tom Poster, Piano

MOZART
Marriage of Figaro
STRAUSS
Waltzes, Polkas and Marches
GERSHWIN
Songs
MOZART
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City of Oxford Orchestra (01865) 744457
Oxford Playhouse (01865) 305305

FEATURE

New test could help detect ovarian cancer patients who strongly respond to treatment

Scientists might be able to quickly predict how ovarian cancer patients are likely to respond to chemotherapy treatment using a simple blood test, according to a Cancer Research UK-funded study published in PLOS Medicine

In a study of 44 patients with high grade serious ovarian cancer the researchers monitored tumour DNA that could be detected in a blood sample taken before each chemotherapy treatment. By measuring the levels of the mutated cancer gene TP53 they found those who responded well to treatment had a rapid fall in the levels of this circulating DNA.

The researchers tested levels of this circulating tumour DNA in patients before and after treatment They found that it took longer for the disease to progress in patients whose tumour DNA count in the blood fell by more than a half after one cycle of chemotherapy compared with patients whose DNA count did not drop. They also showed that the level of tumour DNA in the blood reflects the amount of cancer seen on scans carried out before chemotherapy

This test may be particularly useful for patients with high grade serious ovarian cancer because the mutated cancer gene TP53 is found in more than 99 per cent of patients with this form of the disease. This type represents two thirds of all ovarian cancers

Dr James Brenton one of the lead authors of the study at the University of Cambridge, said "There's a need for a test to find out quickly whether ovarian cancer patients are benefiting from chemotherapy These are early results but if bigger trials are successful, this test looking at the tumour DNA circulating in the blood could be a cheap quick and easy way to get this information."

Professor Peter Johnson, Cancer Research UK's chief clinician, said. "Although we re making great progress, we still have more to do for people with ovarian cancer, as only one in three patients survive for 10 years or longer. Having a test to tell us early on whether chemotherapy is working would be a big help and in the future might be a useful way to suggest other types of treatment that could work better This could be a good way to test new types of drugs that target cancer cells specifically and spare patients the side effects from treatments if they are not working."

Campaign aims to get young with disabilities fitter in 2017

32% of Britons made a New Year resolution in 2016 with 33% of respondents wanting to get fitter and it looks like the same trend will continue for 2017 However for young people with disabilities, it's not as simple as buying some new trainers or a budget gym subscription, buying a specialist sport wheelchair can cost as much as £5 000.

Wooden Spoon the children's charity of rugby is leading a national campaign – Supporting Tomorrow s Superstars The national children s charity aims to raise enough money to buy a rugby wheelchair for every wheelchair rugby club in the UK and Ireland, to encourage more people with disabilities to have a go at wheelchair rugby

This fundraising drive is now more crucial than ever as UK Sport announced this month that wheelchair rugby one of the fastest growing disability sports, will not be funded for the Tokyo Paralympics, which could have a major impact on the growth of the grass roots game

Wheelchair rugby offers people with a disability the opportunity to play full contact sport, no matter what their age ability or gender It was one of the most popular sports at the last two Paralympics in London and Rio.

Steve Brown, Former GB Wheelchair Rugby Captain said: "Investing in children and young people is not about giving them something to do at the weekend. It gives them confidence that flourishes into every part of their life."

Josh Waddell, 13, a wheelchair rugby player for North East Bulls Wheelchair Rugby Club said. "My condition doesn't limit me Wheelchair rugby means I can get stronger and get better A new wheelchair would help me and other young people"

Many of the families Wooden Spoon have spoken to have cited costs as a major barrier for getting children and young people with a disability into sport.

Graeme and Caroline Waddell, Josh's parents, explain first hand. "If you are able bodied and going down to your local rugby club, you can just turn up with your boots and that is it With wheelchair rugby you can't do that. The chairs are expensive.

Jai Purewal, Director of Rugby & Community Investment at Wooden Spoon said: "Our vision at Wooden Spoon is that every child and young person, no matter what their background has access to the same opportunities – through the power of rugby

"This life-changing campaign will provide young people with disabilities better opportunities to play wheelchair rugby and help positively transform their lives into 2017 and beyond."

Wooden Spoon aims to raise £95 000 which will enable the charity to buy and distribute 19 wheelchairs to clubs across the UK & Ireland. Zurich Insurance PLC is sponsoring the campaign.

Find out more at woodenspoon org. uk/wheelchair-rugby

Losing weight, getting started - Week 1

Develop healthier eating habits, be more active and get on track to start losing weight. If people are overweight it's usually because they eat and drink more calories than they need Work towards losing weight at a safe and sustainable rate of 0 5kg to 1kg (1lb to 2lbs) a week. For most men, this will mean consuming no more than 1,900kcal a day and for most women, 1,400kcal.

Before starting, visit nhs.uk/weightloss to check your BMI use their calorie counter and sign up for weight loss email support.

Actions

• Record your weight and waist size in the food and activity chart

• Stick this week s chart on your fridge and update it at the end of each day

• Plan your meals using the NHS Meal Mixer at nhs uk/eatrecipefinder

• Use the NHS calorie counter to track your calories at nhs.uk/calorierecount

• Sign up to the weight loss forum for support and information at nhs weightloss.healthunlocked.com

Research shows that it takes about 12 weeks on average to form new habits

By sticking to this routine for three months, healthy eating and regular exercise will become habits, which are key to losing weight and keeping it off.

Food portion sizes today are far bigger than they were 30 years ago, which means we re consuming a lot more calories than we realise. In fact, many of us no longer know what makes a normal portion – a problem known as portion distortion

Regain some portion control with these simple tips:

• Eat with smaller plates and bowls. You'll have a smaller portion and still feel satisfied.

• Aim for two portions of veg on your plate. This helps to cover your plate with low-calorie filling food, leaving less room for higher-calorie ingredients. Use the eatwell plate to help you get the balance right. Go to nhs uk/eatwell-plate.

• Eat slowly It takes about 20 minutes for your stomach to tell your brain you're full. When you eat fast, it's easy to overeat.

• Turn off the TV Eating in front of the TV can mean you eat more without noticing or enjoying your food.

• Weigh your food. Use kitchen scales to weigh your ingredients before you cook. This will help you stick to the suggested serving sizes

Fill up with Fibre

Fibre keeps your bowels healthy and can help reduce cholesterol. Most people in the UK eat only about 18g of fibre a day but should aim to eat at least 30g. Increase your fibre intake gradually, though, as a sudden increase can cause cramp and constipation. And make sure to drink plenty of water – aim for 1 2 litres a day – to avoid cramp and constipation.

Here are some easy ways to boost the fibre in your snacks and meals:

Breakfast Adding some fibre to your breakfast can help you stay feeling full until lunch and reduce the urge for a midmorning snack. • Swap white bread for wholemeal or wholegrain varieties. • Swap sugary cereals for high-fibre cereals such as wholegrain wheat cereals, unsweetened muesli, or porridge oats, and don t forget to check the salt content. Lunch and dinner vegetables are a good source of fibre, so try swapping some of the things on your plate for more veg. Aim for two portions of veg on your plate at dinner. • Swap white rice and pasta for wholemeal versions – simply doing this can double the amount of fibre you've eaten • Add pulses – beans, lentils and peas – into your meals They're a cheap, low fat source of fibre, protein, vitamins and minerals. Add pulses to soups, casseroles, rice and pasta, or serve baked beans (choose reduced-salt and sugar varieties) on wholemeal toast. Snacks Stock up on healthier snacks containing fibre such as • Fruit – fresh, canned or frozen. Don't forget to eat the skin on fruits such as apples and pears • Veg sticks – carrot, celery or cucumber sticks or a packet of sugar snap peas. You can enjoy these low-calorie snacks if you feel hungry in between your meals • Reduced-fat hummus For a bit of variety dip your veg sticks, wholegrain crispbreads or pitta bread in a tub of reduced-fat hummus. You'll get the fibre from both the veg and the bread. • Air-popped, plain popcorn. Homemade is best, to avoid the high fat, sugar or salt content in some commercial brands. Don't add any sugar or butter

Food with fibre

6 apricots 4g
1 medium orange 3g
1 medium apple 2g
2 slices of wholemeal bread. 4.2g
1 medium jacket potato 5g
90g of peas 4g
90g of spinach. 2g
200g of new potatoes 3g
30g of chickpeas. 1.5g
135g of sweetcorn. 2g
165g of baked beans: 5g
220g of brown spaghetti. 8g
180g of brown rice. 1.5g
1 large wholemeal pitta bread. 5g

Blurring the lines: increases in more harmful and combinations of drugs

A new report from Public Health Wales has found that the line between traditional illegal drugs and new psychoactive substances – formerly called 'legal highs' – is becoming increasingly blurred.

The Welsh Emerging Drugs and Identification of Novel Substances Project (WEDINOS) Annual Report 2015-16 shows that people cannot be sure what is in the range of drugs now available, particularly new psychoactive substances tested by the project, nor how strong they may be or their legal status.

From October 2015 to September 2016 a total of 1,333 samples were submitted for testing by WEDINOS, 85 per cent of which were found altering/psychoactive substances.

Of those samples, eight per cent were illegal following the passing in May of the new Psychoactive Substances Act 2016 and also contained substances controlled by the Misuse of Drugs Act 1971. This means that substances which would have been considered 'legal highs' before May this year actually contained illegal drugs.

Conversely, six per cent of the 1,333 samples submitted were traditional illegal drugs but also contained new psychoactive substances now controlled by the Psychoactive Substances Act 2016.

Jane Smith, Programme and National Lead for Substance Misuse at Public Health Wales, said, "Substantial changes have occurred in the last year both in the control of drugs and in their content – especially in terms of combinations, potency and patterns of use and harms.

"We are seeing an increasing blurring of the once distinct groups of more traditional drugs like heroin, cocaine and cannabis, with new psychoactive substances – formerly called 'legal highs'.

"Evidence indicates a move to an increasingly potent range of drugs including synthetic opioids, MDMA and cannabinoids which are matched by associated harms including deaths."

The last year has seen an increase in stronger and more toxic psychoactive substances, some of which have been the subject of European Early Warning System alerts after being associated with fatal and non-fatal drug poisonings in Europe.

Over the last five years across England and Wales, deaths involving new psychoactive substances have risen sharply with 114 deaths registered in 2015 – up from 82 deaths in 2014. However the mortality rate associated with new psychoactive substances remains relatively low compared to the rate associated with heroin and/or morphine use.

The WEDINOS Annual Report 2015-16 also shows a shift in the most commonly identified compounds in new psychoactive substances. Whereas previously Synthetic Cannabinoid Receptor Agonists (SCRAs) were the most common, cocaine and MDMA are now the most commonly identified substances found in new psychoactive substances.

Josie continued: "Arguably it has never been so important to encourage all individuals using or considering using drugs to be well informed, aware of what they may be taking and of ways to reduce harm to themselves and others.

"New psychoactive substances coming onto the market in Wales and across Europe pose a number of threats with users at risk of acute harms which are well evidenced in this report. The long-term risks associated with these drugs are currently unknown.

"It's important we provide accurate analysis along with pragmatic harm reduction information for users and those considering use so they're aware of all the risks.

"Those seeking to receive support for drug or alcohol related concerns can contact the Wales Drug and Alcohol Helpline on freephone 0808 808 2234 by texting DAN to: 81066 or by visiting dan247.org.uk."

Public Health Wales produces reports and information to influence national and international policy to ensure it is based on the best evidence to protect and improve health.

Shape up your sports gear

AMARA, BKR – GLASS WATER BOTTLE – 500ML – MADLY £25

MATALAN RAFFIA TRAINER £16

ARGOS ADIDAS POWERPLUS BACKPACK

ARGOS DAVINA FOLDING EXERCISE CYCLE £119.99

DESENHAMS XPG SPORTSWEAR

F&F ACTIVE CORAL TIP ZIP UP TOP £18

F&F COLOUR BLOCK STRIPE LEGGINGS £12

M&S COLLECTION ACTIVE TOP £19.50

TIGER STORES YOGA GLOVES £2

TK MAXX BLUE STAR PRINT TRAINER £29.99

Veganuary never tasted this amazing...

Oatly makes it super easy

Doing your bit for your body and the planet and going vegan for January? Got the meat thing covered (hello tempeh, tofu and seitan), but not sure what you're going to do about the dauphinoise?

We're the company that made the original (and award-winning) oat drink. And now we've come up with a range of products to help you upgrade your free-from mealtimes too.

It's so fraiche

It's a lot like crème fraiche, but we used oats instead of cream to give a different take on one of the most flexible ingredients in the modern kitchen. We've worked really hard to make sure that it gives the same great performance as a traditional creme fraiche. Dollop it on chilli or delicious pudding. Dip it with nachos. Stir it into sauces and goulash and curry. Bake it in gratins and cakes. You're going to love it.

Thanks for your patience

Pourable. Bakeable. Heatable. A cooking cream that doesn't contain cream but tastes just like it, making things easier for you when you fancy a fettucine alfredo. Try this. We're pretty sure that you won't be able to tell the difference between Creamy Oat and the old school version from a cow.

So Vanilla

Custard. Need we say more? You can use it as it is, or you can whip it good and watch it fluff up to double size. Making it perfect for crumble. Or trifle. Or in a bowl with a spoon. Actually, who needs a bowl?

Like all our products, the new chilled range is completely plant based. This means it can be enjoyed by Veganuarians, those with milk or nut allergies, and those who are doing their bit for the environment.

Women and drinking

Emily Robinson, Director of Campaigns at Alcohol Concern, said, "Since the 1950s we've seen women's drinking continue to rise. Drinking at home has continued to increase and because alcohol is so cheap and easily available it's become an everyday grocery item. We've also seen a concerted effort from the alcohol industry to market products and brands specifically to women.

We know from our annual Dry January campaign that people often don't realise that alcohol has become a habit rather than a pleasure, with women having wine o'clock most nights of the week.

"Drinking too much, too often can store up future health problems, both mental and physical, with people not realising just how easy it is to go over recommended limits.

"This is why we need mandatory health warnings on alcohol products and a mass media campaign to make sure the Chief Medical Officer's guidelines are widely known and understood."

FEATURE

Top physiotherapist's essential "ski-specific" exercises for before, during and after your winter sports trip

If you're going skiing or snowboarding, you know that a good level of fitness before the trip is crucial. What is also essential is how you look after yourself while you are on the trip and what you do when you come back.

Laura Harman of Boost Physio has put together her top ski tips for before, during and after your ski trip for absolute beginners and seasoned skiers.

"Having a great skiing holiday is all about being the right kind of fit before you go. It will increase your enjoyment and will help with endurance, strength and flexibility - all vital for successful skiing. If your muscles are strong, and you get your posture and balance right you'll get more out of the experience and have more chance of avoiding injury", says Laura.

Pre-ski training

When training for skiing, you want to make your exercise regime as "ski-specific" as possible. To get the most out of your time on the slopes it all comes down to strength and balance, specifically from your gluteal muscles - quadriceps and core.

There are lots of pre-ski exercises you can do to prevent problems. You should adjust your usual regime to get mountain ready because your normal training regime might not be appropriate - as doing hundreds of sit ups to improve your core or spinning for hours to improve leg strength will have little carry over to the mountain.

"It's a good idea to see a physiotherapist for an assessment before you go. If you have any niggles that always trouble you when you go skiing some expert advice and a few sessions of pre-ski physio might be just what you need. If you are an absolute beginner a physio will assess you and show you specific exercises to get you ready for the mountains", commento Laura.

Make sure your pre-ski workout should include the following.

• Strength and conditioning exercises for the muscles around your hips, core and thighs. Strengthening should specifically focus on the gluteal muscles, quadriceps, core and your shoulder muscles. Beginners especially should build up their triceps before they go as travelling along the flat beginner slopes can be tiring on the arm muscles.

• Pilates is the ideal for getting fit before you go skiing - ask your Pilates instructor for specific exercises.

• Aerobic - HIIT - high intensity interval training to build up stamina.

• Posture and Balance - Squats on a Bosu ball whilst doing triceps extensions to mimic the poling action can be very effective in addition to holding a squat in your "ski posture" on the Bosu.

• A fun exercise, especially for beginners to maintain "ski posture" is to squat on sliders, or put glossy magazines on a slippery floor and rotate and push the magazines in and out as you would on the slopes.

On and off Piste

"Skiing is exercise, therefore it is important to keep hydrated and well fuelled. Always carry a bottle of water and a small snack such as nuts or a protein bar to maintain your energy levels. If you are going to ski in the afternoon I'd ideally stay off the hot wine at lunchtime - as tempting as it is", says Laura.

During skiing:

• Pole position - Don't bunch up your shoulders - relax and drop them below your ears to avoid neck pain and arms should be relaxed and slightly away for the body to aid balance.

• Boots - Wearing a fixed angle ski boot all day can cause tension to build up in the calf complex. Try to loosen your boot at lunchtime and flex your foot up and down to prevent this.

• Posture - Poor posture can put excess strain on your soft tissues leading to stiffness and pain. You should be slightly flexed at the spine, hips, knees and ankles whilst keeping a neutral spine, open chest and long neck. You should be looking straight ahead at eye level with the centre of mass inside your base of support, balanced over your whole foot.

"Poor posture can lead to accidents so it is vital to get it right. Skiing with your weight on your heels will disrupt your balance and skiing with back extended and knees straight will reduce shock absorption, putting pressure on you knees which can increase your risk of injury"

Off Piste

If you can, have a massage every day to prevent any DOMS (Delayed Onset Muscle Soreness). Yoga and stretching are also vital to aid recovery from a full day on the slopes. Start at the top of your body and work your way down. Beginners may find stretching the upper back useful as it tends to overwork whilst trying to maintain balance. Don't over-do it - skiing is demanding and your body needs time to recover.

Post-Piste

It is normal to come back from a winter sports trip with a few niggles but don't neglect pain, especially if it doesn't go away. It is always a good idea to have a sports massage and get a post ski check up with physio for any ailments.

"Skiing is one of the best holidays you can have - the exhilaration of skiing, all that fresh air, and the beauty of the mountains is hard to beat. Go in peak condition and you are less likely to get injured. Look after yourself whilst you are away, recover correctly when you are home and you'll get the most out of one the most exciting and fun activities you can do" says Laura.

Nutritionist Helen Money from The Bosworth Clinic gives us top tips for men's fitness

Top 5 foods that men should eat plus 1

Supplement with Vitamin D to increase testosterone

Vitamin D has been found to increase testosterone levels. The main source of vitamin D is the sun. vitamin D is synthesised in the UK between April and September. These stores are then used over the winter. However due to modern lifestyles exposure to the sun has decreased and in the UK there is now widespread vitamin D deficiency. So much so that in July of this year Public Health England recommended that everyone should take a 10µg supplement of D3 daily.

Oysters for healthy 'long living sperm'

Zinc is essential for healthy 'long living sperm'. Oysters are incredibly high in zinc but not a regular part of the diet for most. Other good sources include red meat - go for low fat cuts, shellfish and pumpkin seeds.

Live yogurt for gut bacteria

Gut bacteria not only plays a vital role in digestion- abstracting the goodness from food but is also involved in other areas such as weight regulation, the immune system and mental wellbeing. Look after your gut and your gut will look after you.

Salmon and oily fish for reducing inflammation and heart health

Eating salmon and other oily fish reduces inflammation in the body and risk of heart attack. It is well known that oily fish is good for the heart but it's anti- inflammatory effect also lowers the risk of other chronic disease such as diabetes, arthritis, obesity and some cancers.

Oats for lowering cholesterol

Oats and other soluble fibres are proven to lower LDL cholesterol - that's the bad cholesterol that builds up on the walls of the arteries. Oats and other soluble fibres form a gel in the gut which binds to the cholesterol and removes it from the body.

Tomatoes for the prostate

Prostate cancer is the most common form of cancer in man. There is some evidence that lycopene in tomatoes may protect against prostate cancer. However all fruit and vegetables are good for health, getting you 5 a day is essential for antioxidant intake which reduces inflammation and the risk of cancer.

Feel good with this sports equipment

TOPMAN SPORTS 2015

ARGOS, CARRINI 2 PERSON TENNIS SET

AMARA, EVA SOLO - SPORTS DRINK BOTTLE 0.7L - BLUE £10

TIGER STORES, PLASTIC GYM BALL £6

ARGOS, RDX LEATHER 12OZ BOXING TRAINING GLOVES - BLUE £39.99

ARGOS, EVERLAST TARGET FREESTANCING PUNCHBAG £199.99

Top food trends for 2017

Move over avocados – Waitrose reveals we'll be eating charcoal flavoured food this year.

As a nation of foodies we eagerly anticipate the next big trends in the gastronomic world and Waitrose is here to help by revealing what we will be eating and drinking in 2017.

Polynesian food is set to be big in 2017 and Poke (pronounced POH-keh) will take on sushi to become the must eat lunch. Often served with rice, this dish sees raw fish marinated with lime, sesame and soy—fitting with the trend for lighter eating using fresher ingredients.

Alternative waters such as birch, bamboo and cactus thrived this year and 2017 will see the trend grow even further thanks to the drinks brand WTRMLN WTR. Beyoncé bought a stake in the company which produces cold pressed watermelon juice. Waitrose already stocks two variations of watermelon water from MELLO and WOW which are already proving popular with customers.

Waitrose is already on the front foot when it comes to launching on trend products as they introduced Matcha green tea to several products such as chocolate bars and juice shots. This year also saw the supermarket launch a charcoal bagel in collaboration with celebrity chef Heston Blumenthal. Next year these trends will become more mainstream, as charcoal is set to be introduced to more Waitrose products.

Jonathan Moore, Waitrose Executive Chef said: "Our shoppers are adventurous and always enjoy trying something new. So at Waitrose we make sure we're always on the lookout for the next big foodie trends, such as Poke, alternative waters and charcoal flavoured products.

"As a nation we eat out and travel more than ever so it's important we scour the globe for new food and drink ideas for our shoppers to enjoy at home, too."

Sausages with tomato, leek and butter bean mash

Ingredients
1 x 454g pack Healthy Living Cumberland sausages
150ml (¼pt) low-salt vegetable stock
2 x 400g tins butter beans, drained
1 tbsp olive oil
500g (16oz) leeks, trimmed and sliced
1 tbsp sun-dried tomato paste
3 tbsp fresh thyme, finely chopped

Use mashed butter beans as a delicious alternative to mashed potatoes, flavoured here with leeks and tomato, and paired with Cumberland sausages.

Method.

Preheat the grill to medium-high. Cook the sausages for 15 minutes, turning frequently, until golden all over and cooked through.

Meanwhile, put the stock and butter beans in a pan, cook, uncovered, over a low heat for 10 minutes until the butter beans begin to soften. Season well, then roughly mash with a fork.

In a separate pan, heat the oil over a medium heat. Add the leeks and cook for 10 minutes until softened.

Add the leeks to the mashed beans and mix well, add the sun dried tomato paste and half of the thyme. Stir well to combine, then divide between 4 plates along with the sausages. Scatter over the remaining thyme to serve.

Get little ones eating healthily without them knowing

Child-friendly snacks can be nourishing as well as satisfying – and at Tesco they have tons of inspiration. From delicious dips and home-made crisps to frozen fruit treats and sweet strawberry bites, our easy recipes and tips will help you provide hassle-free, healthy snacks for kids.

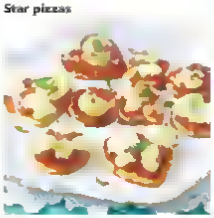
Dips

Healthy dips couldn't be easier to make – simply blitz all the ingredients together. And they can be packed up easily for the kids to enjoy on the go. Try this speedy cannellini dip, perfect for scooping up with pittas, or our chunky Mexican bean dip made with kidney beans, lime and a dusting of fragrant ground coriander.

Fruity yogurt cups

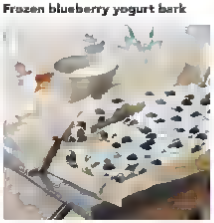
Made with fresh summer berries, creamy natural yogurt and hearty oats, these pretty yogurt pots are packed full of goodness. An impressive no-cook snack that only takes 10 minutes to prepare, they make a perfect sweet treat.

Star pizzas



You can't go wrong with pizza, and these cute minis make a brilliant snack that kids will really enjoy making (and eating). To save time, use white bread as the pizza base and let the kids cut out all sorts of different shapes. We love them topped with Parma ham, mozzarella pearls and fresh basil.

Frozen blueberry yogurt bark



Kids will love this fruit-filled frozen yogurt. Made with just four ingredients, it can be prepared in minutes and kept in the freezer for up to 2 months. To save space in your freezer, break into snack-sized chunks, before wrapping in cling-film and kitchen foil.

Crisps

We all know that kids go crazy for crisps, so why not try making healthier versions using fruit or vegetables. Turn nutrient-rich kale into deliciously healthy crisps with just a drizzling of extra-virgin olive oil before baking. Or for a sweet spin, give these pear crisps a go. Baking thin slices of pear gives them a wonderful crunch and a sprinkling of mixed spice adds extra flavour.

Frittatas

Simple savoury frittatas are a great way of getting your kids to eat a portion of protein and green veg. And they're ideal for freezing. Why not make a big batch of these green frittata muffins to store in the freezer and bring out when needed. Or, if you think the kids will enjoy something a little heartier, these oven-baked frittatas are bursting with thick-cut ham, fusilli pasta, fresh eggs and shelled peas – perfect for packed lunches.

Ham sushi

Transform a classic ham sandwich into bite-size sushi snacks. These savoury sandwich roll-ups are sure to become a firm favourite even among fussy eaters. For alternative flavour-spins try cheese and celery or houmous and carrot.

Strawberry gummy snacks

Kids will adore feasting on these gorgeous gummy snacks! Fresh strawberries and runny honey give all the natural sweetness you need. Make other flavours by using orange, mango or cranberry juice.

Dry January

Dry January is Alcohol Concern's annual behaviour change campaign, supporting the nation to take a month off the booze every January.

In a new partnership Alcohol Concern are now opening up the campaign to over 12,000 charities registered with Virgin Money Giving. This new initiative will allow supporters to fundraise for both their chosen charity and Alcohol Concern, splitting the funds raised 50/50 between the two charities.

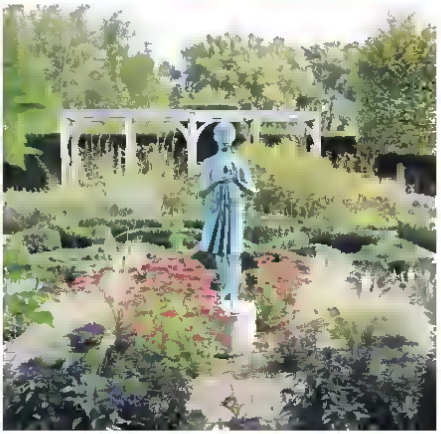
Emily Robinson, Director of Campaigns at Alcohol Concern, said: "It's all about changing the conversation around alcohol and ultimately changing behaviour. We're delighted to be teaming up with Virgin Money Giving allowing us to reach even more people, as well as offering a unique fundraising opportunity to thousands of charities."

FEATURE

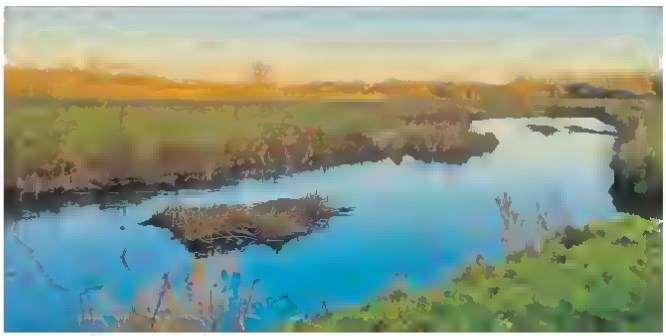
Around Oxford

You have been sending us your pics of Oxford Send your comments, pictures and opinions to alex@theoxfordpaper co uk

@ANNABELWILLIAMS



@CHILEANGARDEN



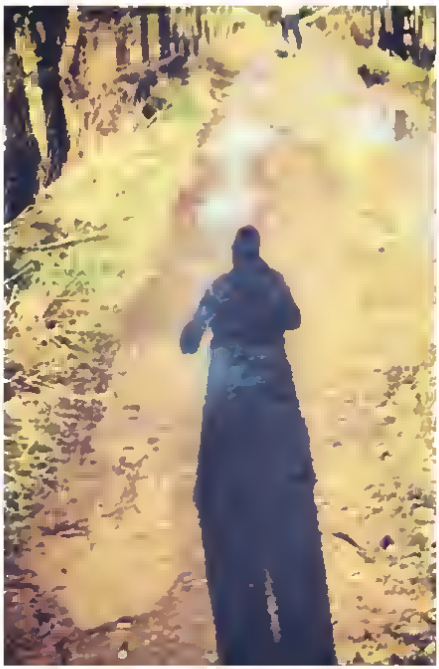
@ROBERTCOURTS

@OXFORDARTIST

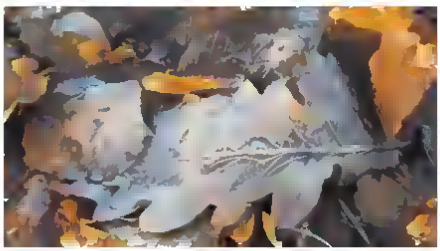
@OXRECRUITING

@REDPHONEBOXINFO

@LETSALLGO2



@SIOBHAN_BAILLIE



@KIMERINCOUNTY

5 of the best...

Places for a spa break

Although we may have had a long break – it doesn't always seem like it's been a holiday. So why not take a few extra days for you, and book into a spa break

1 The Oxfordshire Golf, Hotel & Spa

With a range of manicures, facials massages and tanning packages, treat yourself to an outstanding relaxation experience with a warm atmosphere

Rycote Lane, Milton Common, Thame OX9 2PU

2 Heythrop Park

The hotel offers a great choice of packages to take you away from the stresses of everyday life Relax, re-energise and restore your body's equilibrium

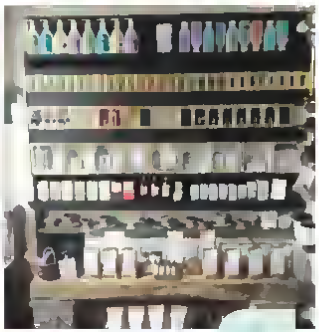
Crowne Plaaa Heythrop Park, Chipping Norton

The Oxford Belfry

The Oxford Belfry combines a range of leisure facilities including a gym pool, relaxation room two tennis courts, a croquet lawn, an experience shower ice fountain sauna and steam room

Milton Common, Thame OX9 2JW

3



Eau De Vie

From treatments to yoga with a range of teas thrown in. You could venture here daily and try something new

34 Cowley Road, Oxford OX4 1HZ

Randolph Hotel

Small but functional, this spa can keep you entertained all day From manicures to full body treatments, massage prices start from £35.

Beaument Street, Macdonald Randolph Hotel, Oxford OX1 2LN

5

Shoe Embassy
EST 2011
SALE
Up to 50% OFF on Selected Styles
We are located at: No.22 High Street, Oxford OX14AH
www.ShoeEmbassy.com

SUDDKU

			6			8	4	7
2							9	
		8	9	7				2
1			2	4		9		
	2		1		6			
		3		5	7			4
4				6	1	5		
	6			2			7	
7		2			4			9

WORDWHEEL

You have 10 mins to find as many words as possible using the letters in the wheel. Each must use the hub letter and at least 3 others. Letters may be used only once. You cannot use plurals, foreign words or proper nouns. There is at least one 9-letter word to be found.

How you rate:
6 words, average; 12 words, good; 15 words, very good; 20 or more, excellent.

DDUBLE CRDSSWDRD

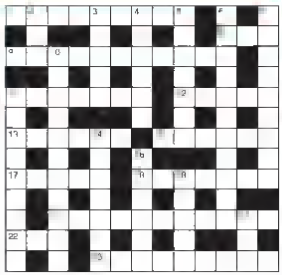
Cryptic Clues:

Across

1 Crush because of ability? (9)
6. Everybody wants callow cow removed (3)
9. Turn to illumination but treat as unimportant (4,5,2)
11 Venue wouldn't top the bill at a night-club! (7)
12. Famous for crotchets, for example? (5)
13. Article in duplicate goes over pilot's head (6)
14. Paper-packer? No – it makes the hole bigger (6)
17 Grown-up has some bad ulterior motives (5)
18. Harbour-barge carrying less? (7)
20 He describes the locality of a proper Goth (11)
22 Do interfering people who want a row put it in? (3)
23. How the persistent cobbler applies himself until he dies (2,3,4)

Down

2. By way of being some sort of convivial gathering (3)
3. He's above earthly things when at work (5)
4. Grew as bets (6)
5. Re-outfits the following (7)
6. Game in which risks are avoided may provoke a strike? (6,5)
7 Red learns to become a spreader of malicious gossip (8)
10. Branch of manufacture vital to lock makers (3,6)
11. What the secretary can expect from an autocratic boss (9)
14 Having palpitations from light stroke following a tip-up (3-1-3)
16. Quite trifling discourtesy (6)
19. Serious place to be late (5)
21. Printer's measures in themselves (3)



Quick Clues:

Across

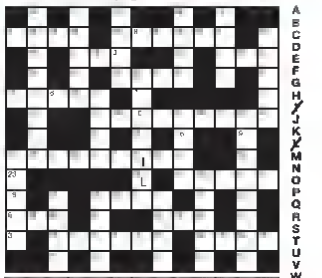
1 Silence (9)
6. Hoot (3)
9. Harmful (11)
11 Stray (7)
12. By ear (5)
13 Brightness (6)
15 Impede (6)
17 Splendid (5)
18 Jute cloth (7)
20 Indifferent (11)
22. Dog (3)
23 Ruffian (4)

Down

2. Bird (3)
3. Supple (5)
4. Way out (6)
5. Packing away (7)
6 Remark (11)
7 Seed leaf (9)
10. Parliament (11)
11 Assiduity (9)
14. Made smaller (7)
16. Gratitude (6)
18. Sift (5)
21 Conclude (3)

CODEWDRD

Codeword is the crossword puzzle with no clues. The number in each square corresponds to a letter. Work out the words in the grid using the letters provided. Fill in these known letters first, then use skill and judgement to work out the others.



A	B	C	D	E	F	G	H	I	J	K	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	L	20	21	22	23	24	25	26

LAST WEEK'S SOLUTIONS

DOUBLE CROSSWORD:
Cryptic: Across: 1 Average out; 7 Pitch; 8 Laidher; 10 Ascantic; 11 Style; 13 Pear; 15 Nights; 17 Silks; 19 Distaste; 21 Stretch; 22 Rinse; 23 Play truant. Down: 1 Attic; 2 Ethereal; 3 Allied; 4 Eras; 5 Unhitch; 6 Spare parts; 9 Dress sense; 12 Victrola; 14 Liberal; 16 Cipher; 18 Shunt; 20 Stay.

Quick: Across: 1 Prosperity; 7 Noted; 8 Ill-used; 10 Inherent; 11 Mess; 13 Hearty; 15 Humor; 17 Safe; 19 Decrease; 21 Sublime; 22 White; 23 Repeatedly. Down: 1 Pitch; 2 Obeisance; 3 Pliant; 4 Role; 5 Tester; 6 Antithesis; 9 Disordered; 12 Narrowest; 14 Affable; 16 Reject; 18 Amity; 20 Dine.

SUDDKU:

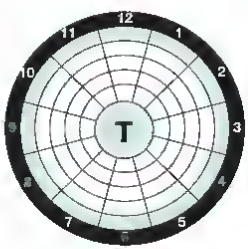
4	1	7	5	2	3	6	8	9
9	2	5	6	8	7	3	4	1
3	6	8	9	1	4	5	7	2
8	5	9	7	4	1	2	3	6
2	4	3	1	6	8	7	5	9
6	7	1	3	9	5	4	2	8
5	3	2	4	8	9	1	6	7
7	8	6	2	3	1	9	4	5
1	9	4	8	5	6	8	1	3

CODEWORD: 1=E, 2=I, 3=O, 4=A, 5=X, 6=H, 7=Q, 8=L, 9=F, 10=D, 11=Y, 12=R, 13=N, 14=C, 15=R, 16=U, 17=V, 18=W, 19=G, 20=T, 21=M, 22=L, 23=Z, 24=F, 25=S, 26=K.

WORD WHEEL: FLEDGLING.

CLOCKWDRD

The solutions from 1 to 12 are all six-letter words ending with the letter T in the centre. Moving clockwise from 1, the letters in the outer circle will spell out the name of a retired radio presenter.



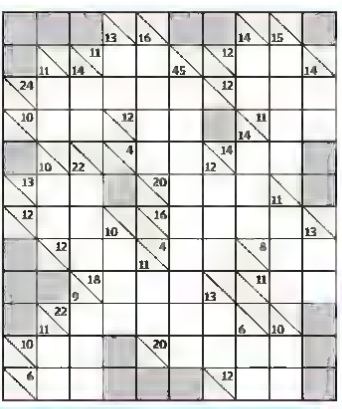
1 Loud noise
2 Bring in from abroad
3 Prestige
4 Truthful
5 Brusque
6 Holiday destination
7 Leave
8 Election
9 Alter
10 Armoured soldier
11 Scope
12 Outcome

KAKURO

Fill in the white squares with the numbers 1 to 9.

Each horizontal block of squares must add up to the number in the shaded square to its left, and each vertical block must add up to the number in the shaded square above it.

No number may be used more than once in any one block.



SUDDKU

	9			6		3		
8		4			9			
	7			3				5
			4				2	
3		7				4		1
	4				5			
4				8			3	
			1			8		2
		1		4			5	

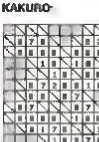
LAST WEEK'S SOLUTIONS

CLOCKWORD:
1 Aviary 2 Nearby 3 Tawdry 4 Hearty 5 Effigy 6 Augury, 7 Tetchy 8 Unholy 9 Rosary 10 Nobody 11 Expiry 12 Ratify

PRESENTER: Anthea Turner

NINER:
RESOLVING

KAKURO:



SUDDKU:

3	9	1	2	8	4	5	6	7
4	2	6	1	5	7	3	9	8
8	5	7	3	9	6	4	2	1
6	1	9	8	4	2	7	3	5
2	4	3	7	1	5	8	1	9
9	3	5	4	2	8	6	7	1
7	8	2	6	3	1	9	5	4
1	6	4	5	7	9	2	8	3
5	7	8	9	6	3	1	4	2

SPLIT DECISION

B	L	A	N	D	
A		L			U
C	L	A	I	M	
O		R			P
N	U	M	B	S	

SPLIT DECISION

Cross out one of the two letters in each divided square to reveal a completed crossword grid.

NINER

Each number from 1 to 9 represents a different letter. Solve the clues and insert the letters in the appropriate squares to discover a word which uses all nine letters.

1	2	3	4	5	6	7	8	9

THE CLUES.

19487 gives a Greek letter
872 gives a Greek letter
62351 gives a Roman god

Sleep Solutionz

BED AND MATTRESS OUTLET

Winter Wonderzzz

SPECIAL PURCHASE EVENT

Guest Bed
£299
*Headboard extra

Georgia Divan Set
3ft+2 free drawers £259 4ft6+2 free drawers £319
5ft+2 free drawers £399 *Headboard extra

Hazel Frame
4ft6 £199 5ft £239 6ft £279

Dara Ottoman
3ft £249 4ft6 £399 5ft £499
Buy the base in any size and you can have the 5ft 1000 Pocket Sprung mattress for only £50

PLUS MUCH MORE IN STORE, WHY NOT POP IN AND SEE US?.

Evelyn Ottoman
3ft £219 4ft6 £249
5ft £269

We look forward to seeing you.

Elaine, Tim, Roy and Stuart
Qualified Sleep Council Academy Consultants

Directions to our Didcot Store

Sat Nav - OX11 8RN
Sleep Solutionzzz, 182 The Broadway, Didcot, Oxon, OX11 8RN
Tel: 01235 514246
E-Mail: sales@sleepsolutionzzz.co.uk

Directions to our Carterton Store

Sat Nav – OX18 3FP
Sleep Solutionzzz, Unit 7, West Oxfordshire Retail and Business Park, Carterton, Oxon, OX18 3FP.
Tel: 01993 840441
E-mail: sales@sleepsolutionzzz.co.uk

Friday January 6th

BBC1

DAYTIME

6.00 Breakfast (S) **9.15 Rip Off Britain: Holidays** (S) **10.00 Homes Under the Hammer** (S)(R) **10.55 Wanted Down Under** (S) **11.45 Caught Red Handed** (S) **12.15 Bargain Hunt** (S) **1.00 BBC News at One; Weather** (S) **1.30 BBC Regional News and Weather** (S) **1.45 Father Brown** (S) **2.30 Impossible** (S) **3.15 Escape to the Country** (S)(R) **3.45 The Hairy Bikers Comfort Food** (S) **4.30 Antiques Road Trip** (S) **5.15 Pointless** (S) **6.00 BBC News at Six; Weather** (S) **6.30 BBC Regional News Programmes** (S)

7

7.00 The One Show (S)
7.30 Match of the Day Live: The FA Cup West Ham United v Manchester City (kick-off 7.55pm) (S)

10

10.00 BBC News at Ten (S)
10.25 BBC Regional News and Weather (S) National Lottery Update (S)
10.35 Graham Norton's Big Red Chair (S)

11

11.25 Uncle New series. Andy tries to work up the nerve to confront Teresa about their child. (S)
11.55 The NFL Show (S)

AFTER 12

12.25 FILM The Uninvited (2009) (15) Thriller starring Emily Browning. (S) **1.45 Weather for the Week Ahead** (S) **1.50 BBC News** (S)

BBC2

6.00 Rip Off Britain: Holidays (S)(R) **6.45 Wanted Down Under** (S)(R) **7.30 Caught Red Handed** (S)(R) **8.00 Sign Zone: Antiques Roadshow** (S)(R) **9.00 Victoria Derbyshire** (S) **11.00 BBC Newsroom Live** (S) **12.00 FILM Fire Down Below (1957)** (PG) (S) **1.50 Jack Lemmon: Talking Pictures** (S)(R) **2.30 Peter – Wife at Heart** (S)(R) **3.30 Tropic of Cancer** (S)(R) **4.30 A Place to Call Home** (S)(R) **5.15 Put Your Money Where Your Mouth Is** (S)(R) **6.00 Eggheads** (S) **6.30 Great British Railway Journeys** (S)

7.00 Big Dreams Small Spaces New series. Monty Don advises Helen and Dax on how to handle their neglected garden. (S)

8

8.00 Mastermind The last place in the semi-finals is up for grabs. (S)
8.30 Only Connect The Genealogists take on the Oscar Men in the second round. (S)

9

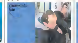
9.00 The World's Most Extraordinary Homes New series. Architect Piers Taylor and property enthusiast Caroline Quentin explore unusual homes built in mountainous regions. (S)

10.00 QI With Bill Bailey, Holly Walsh and Nish Kumar. (S)
10.30 Newsnight (S)

11.00 Weather (S)
11.05 The Last Kingdom Uhtred wins the protection of Alfred. Medieval adventure, starring Alexander Dreymon. (S)(R)

12.05 The Last Kingdom (S)(R) **1.05 Sign Zone: Sir Lenny Henry – A Life on Screen** (S)(R) **3.05 The Big Food Rescue** (S)(R) **2.45 This Is BBC Two** (S)

ITV



6.00 Good Morning Britain (S) **8.30 Lorraine** (S) **9.25 The Jeremy Kyle Show** (S) **10.30 This Morning** (S) **12.30 Loose Women** (S) **1.30 ITV Lunchtime News; Weather** (S) **1.55 ITV Regional News; Weather** (S) **2.00 Judge Rinder** (S) **3.00 Dickinson's Real Deal** (S) **3.59 ITV Regional Weather** (S) **4.00 Tipping Point** (S)(R) **5.00 The Chase** (S) **6.00 ITV Regional News; Weather** (S) **6.30 ITV Evening News; Weather** (S)

7.00 Emmerdale Cain forbids Kerry from seeing Kyle. (S)
7.30 Coronation Street Aidan tells Johnny he is going to set up in competition. (S)

8.00 Britain's Best Walks with Julia Bradbury New series. (S)
8.30 Coronation Street Simon is upset at having to lie to Leanne about Peter's mystery woman. (S)

9.00 The Big Soap Quiz: Coronation Street vs Emmerdale Stephen Mulhern hosts as stars from the soaps are tested on the biggest events and the funniest moments during 2016. (S)

10.00 ITV News; Weather (S)
10.30 ITV Regional News; Weather (S)
10.40 Fishing Impossible Fishing show with Charles Butcher, Jason Lewis and Thomas Hird. (S)(R)

11.10 The Wine Show Actors Matthew Goode and Matthew Rhys present a guide to wine from an Italian villa. (S)(R)

12.10 Jackpot247 3.00 Freeze Out (S)(R) **3.50 ITV Nightscreen**

Channel 4

6.00 Countdown (S)(R) **6.45 The King of Queens** (S)(R) **8.00 Everybody Loves Raymond** (S)(R) **9.00 Frasier** (S)(R) **10.00 Ramsay's Kitchen Nightmares USA** (S)(R) **11.00 Supershoppers** (S)(R) **11.30 Four in a Bed** (S)(R) **12.00 Channel 4 News** (S) **12.05 Four in a Bed** (S)(R) **2.10 Countdown** (S) **3.00 A New Life in the Sun** (S) **4.00 A Place in the Sun: Winter Sun** (S) **5.00 Come Dine with Me** (S) **6.00 The Simpsons** (S)(R) **6.30 Hollyoaks** (S)

7.00 Channel 4 News (S)

8.00 Jamie and Jimmy's Friday Night Feast Jamie Oliver and Jimmy Doherty are joined by Salma Hayek, as she prepares Lebanese kibbeh. (S)

9.00 The Big Fat Quiz of Everything Jonathan Ross, David Walliams, Katherine Ryan, Aisling Bea, Noel Fielding and Richard Ayoade answer Jimmy Carr's questions. (S)

11.05 First Dates Hotel Maitre-d Fred takes over the running of a luxury hotel in the south of France. (S)(R)

12.10 8 Out of 10 Cats: New Year Special (S) **12.55 FILM Chronicle (2012)** (12) (S) **2.20 No Offence** (S)(R) **3.15 The Restoration Man** (S)(R) **4.10 Kirstie's Handmade Treasures** (S)(R) **4.25 Location, Location, Location** (S)(R) **5.20 Location, Location, Location** (S)(R)

Channel 5

6.00 Milkshake! 9.15 The Wright Stuff 11.15 Cowboy Builders & Bodge Jobs (S)(R) **12.10 5 News Lunchtime** (S) **12.15 Celebrity Big Brother** (S)(R) **1.15 The Hotel Inspector** (S)(R) **2.15 NCIS** (S)(R) **3.15 FILM A Woman Betrayed (2013) (15)** Crime drama, starring Sarah Lancaster. (S) **5.00 5 News at 5** (S) **5.30 Can't Pay? We'll Take It Away** (S)(R) **6.30 5 News Tonight** (S)

7.00 That's So 1989 A look at the events of 1989, which saw the fall of the Berlin Wall and chart hits by Cher and Madonna. (S)(R) 5 News Update (S)

8.00 Cats Make You Laugh Out Loud 3 Compilation of internet videos featuring cats doing bizarre things. (S)(R) 5 News Update (S)

9.00 Celebrity Big Brother: Live Two New Housemates The latest fun and games, backstabbing and bitching as the housemates continue to live under the same roof.

10.00 Lip Sync Battle UK: Danny Dyer vs Craig Revel Horwood New series. (S)
10.30 Celebrity Big Brother: Live Two New Housemates The latest action from house.

11.05 Celebrity Big Brother's Bit on the Side Rylan Clark-Neal presents the CBB companion show.

12.00 SugarCasino 3.10 Celebrity Big Brother: Live Two New Housemates (R) **4.00 Celebrity Big Brother: Live Two New Housemates** (R) **4.25 Lip Sync Battle UK: Katherine Ryan v Kayvan Novak** (S)(R) **4.45 Great Artists** (S)(R) **5.10 House Doctor** (S)(R)

DIGITAL

ITV2 SKY: 118 FV: 6

6.00 Planet's Funniest Animals **6.20** Who's Doing the Dishes? **7.15** The Ellen DeGeneres Show **8.00** Emmerdale **9.00** You've Been Framed! Gold **9.35** Hyth **10.25** Scrap... **11.25** Who's Doing the Dishes? **12.25** Emmerdale **1.30** You've Been Framed! Gold **2.00** The Ellen DeGeneres Show **2.50** The Jeremy Kyle Show **5.00** Judge Rinder **6.00** You've Been Framed! Gold **7.00** Best of You've Been Framed! Gold **9.00** Two and a Half Men **5.00** FILM: White House Down (2013) (12) **10.00** FYI Daily **10.00** FILM: White House Down (2013) (12) **11.40** Family Guy **1.05** American Dad **3.00** Totally Bonkers Guinness World Records **2.25** Teleshopping **5.10** Planet's Funniest Animals **6.00** ITV2 Nightscreen

ITV3 SKY: 119 FV: 10

6.00 Doctor in the House **6.25** Heartbeat **7.25** Where the Heart Is **8.00** The Royal **6.30** Judge Judy **10.50** A Touch of Frost **1.00** Heartbeat **3.00** The Royal **3.05** Where the Heart Is **4.15** Doctor in the House **4.50** You Only Young Twice **5.20** George and Mildred **6.00** Heartbeat **7.00** Murder, She Wrote **8.00** Doc Martin **9.00** A Mother's Son **11.05** Inspector Morse **1.10** FILM: Good Will Hunting (1997) (15) **2.20** FYI Daily **2.35** FILM: Good Will Hunting (1997) (15) **3.20** A Touch of Frost **5.05** Rory Bremner's Great British Views **5.56** ITV3 Nightscreen

BBC4 SKY: 116 FV: 9

7.00 World News Today; Weather **7.30** Secrets of Royal... **8.00** The Good Old Days **4.40** Sounds of the Sixties **8.55** Pop Go the Sixties **9.00** Top of the Pops: The Story of 1983 **10.00** Top of the Pops 1983: Big Hits **11.00** Biggest Band Break Ups and Make Ups **12.00** Pop Quiz: The Comeback **12.30** Top of the Pops: The Story of 1983 **2.10** Top of the Pops 1983: Big Hits **2.30** Biggest Band Break Ups and Make Ups **3.30** Close

E4 SKY: 136 FV: 28

6.00 Charmed **7.35** Hollyoaks **8.00** Rules of Engagement **9.00** How I Met Your Mother **10.00** Charmed **12.00** The Goldbergs **1.30** The Big Bang Theory **3.00** How I Met Your Mother **4.00** FILM: Catch That Kid (2004) (PG) **5.55** Rudolph's Tube Shorts **6.00** The Big Bang Theory **7.00** Hollyoaks **7.30** Couplers **8.00** FILM: Cars (2006) (PG) **10.30** Gogglebox **12.35** The Big Bang Theory **1.35** Tattoo Fixers **3.30** Hollyoaks **3.55** First Dates Abroad **4.20** The Goldbergs **4.40** Rules of Engagement

MORE4 SKY: 138 FV: 14

6.55 Kirstie's Vintage Gems **6.10** Come Dine with Me **11.40** FILM: The Man from Colorado (1948) (PG) **1.45** Time Team **3.50** Car SOS **4.50** The Supervet **5.55** A Place in the Sun: Winter Sun **7.55** Grand Designs **9.00** FILM: The Taking of Pelham 123 (2009) (15) **11.10** 999: What's Your Emergency? **12.15** Ramsay's Kitchen Nightmares USA **2.10** Car SOS **3.20** Kirstie's Homemade Home **3.35** Close

FILM4 SKY: 315 FV: 15

11.00 A Ticket to Tomahawk (1950) (U) **12.00** The Mouse That Roared (1959) (U) **2.30** Magnificent Obsession (1954) (U) **4.40** Crash Dive (1943) (PG) **6.50** The Time Traveler's Wife (2009) (12) **6.00** The Hunger Games (2012) (12) **11.45** The Final Destination (2009) (15) **1.20** Wyrmwood: Road of the Dead (2014) (18) **6.35** Close

DAVE SKY: 111 FV: 12

7.05 Flip Men **7.30** Ice Road Truckers **8.10** American Pickers **9.00** Storage Hunters UK **10.00** Storage Hunters **11.00** American Pickers **1.00** Top Gear **2.00** Room 101 **3.40** Would I Lie to You? **3.20** QI **4.00** Top Gear **6.00** Red Bull Soapbox: Mumbai **7.00** American Pickers **8.00** QI XL **5.00** Dave Gorman: Modern Life Is Goodish **10.00** Taskmaster **12.00** Mock the Week **1.20** Dave Gorman: Modern Life Is Goodish **2.20** Suits **3.20** Live at the Electric **8.00** Close

DRAMA SKY: 158 FV: 20

7.00 The Bill **8.00** Down to Earth **6.00** Bergerac **10.00** All Creatures Great and Small **11.00** The Bill **1.00** As Time Goes By **1.40** Steptoe and Son **2.30** Birds of a Feather **3.00** Down to Earth **4.00** Bergerac **5.00** All Creatures Great and Small **6.00** Steptoe and Son **6.40** Last of the Summer Wine **7.20** As Time Goes By **8.00** Inspector George Gently **10.00** New Tricks **11.20** Birds of a Feather **12.00** The Bill **1.00** Brush Strokes **2.15** Last Tango in Halifax **3.15** Brush Strokes **4.00** Close

SKY1 SKY: 106

6.00 Hawaii Five-0 **9.00** Monkey Life **6.00** Police Force Australia **10.00** Border Security: Canada's Front Line **11.00** Forever **12.00** NCIS: Los Angeles **1.00** Hawaii Five-0 **3.00** Modern Family **4.00** Futurama **5.00** The Simpsons **5.30** Futurama **6.30** The Simpsons **8.30** Modern Family **6.00** Delicious **10.00** The Late Late Show with James Corden **11.00** Rugby's Funniest Moments **12.00** A League of Their Own **1.00** The Force: Manchester **3.00** Brit Cops: Rapid Response **3.00** Hawaii Five-0 **4.00** Animal 999 **5.00** Motorway Patrol

SKY ATLANTIC SKY: 108

6.00 Fish Town **7.00** Richard E Grant's Hotel Secrets **8.00** The West Wing **10.00** House **11.00** Without a Trace **1.00** Blue Bloods **2.00** Urban Secrets **3.00** The West Wing **5.00** House **6.00** Without a Trace **8.00** Blue Bloods **9.00** Game of Thrones **11.05** FILM: Tales of the Grim Sleeper (2014) (15) **1.10** Girls **3.00** Without a Trace **4.00** Fish Town **5.00** Richard E Grant's Hotel Secrets

W SKY: 109

6.05 Crisis **7.00** Extreme Makeover: Home Edition **8.00** DIY SOS: The Big Build **5.00** My Dream Home **10.00** The Bill **11.00** Tipping Point **1.00** Jolly Toroda's Malaysian Adventure **2.00** Wanted Down Under **3.00** Who Do You Think You Are? **4.00** My Dream Home **5.00** DIY SOS: The Big Build **6.00** Tipping Point **7.00** Extreme Makeover: Home Edition **8.00** Celebrity Advice Bureau **9.00** Criminal Minds: Beyond Borders **10.00** Gavin & Stacey **11.20** Russell Howard's Good News **12.20** Bondi Rescue **12.55** Believe **3.00** Home Shopping

GOLD SKY: 110

7.00 Cheers **7.30** 'Allo 'Allo **8.30** As Time Goes By **9.45** The Thin Blue Line **10.25** Last of the Summer Wine **11.45** My Family **1.05** Lovejoy **2.05** As Time Goes By **3.25** Last of the Summer Wine **4.45** My Family **6.05** Lovejoy **7.05** Only Fools and Horses **9.05** Mrs Brown's Boys **9.45** Blackadder Goes Forth **11.00** The Mighty Boosh **11.25** Bridget & Eamon **1.30** Bellamy's People **2.10** Human Remains **3.45** Stella Street **4.00** Close

SKY SPORTS 1 SKY: 401

6.00 Football Gold **7.00** WWE Main Event **7.00** Live Test Cricket **3.00** Great Sporting Moments **3.30** Premier League World **4.00** Premier League 100 Club **4.30** Sporting Triumphs **5.00** Sky Sports Boxing Gold **5.30** Darts Gold **6.00** Premier League World **6.30** The Fantasy Football Club **7.30** Spanish Football Gold **7.00** Live La Liga Football **9.40** Spanish Football Gold **10.00** The Fantasy Football Club **11.00** Premier League World **11.30** The Mavericks **12.00** More Than a Game **1.00** The Fantasy Football Club **3.00** Premier League Years **4.00** The Fantasy Football Club **5.00** Premier League 100 Club **5.30** Spanish Football Gold

Saturday January 7th

BBC1

DAYTIME
6.00 Breakfast (S) **10.00 Saturday Kitchen Live** (S) **11.30 The Best Dishes Ever** (S)(R) **12.00 Football Focus** (S) **1.00 BBC News,** Weather (S) **1.15 Live Athletics – Great Edinburgh Cross Country** (S) **3.30 Escape to the Country** (S)(R) **4.00 Final Score** (S) **5.20 BBC News** (S) **5.30 BBC Regional News. Weather** (S) **5.40 Celebrity Mastermind** (S) **6.10 Pointless Celebrities** (S)

7.00 Let It Shine New series. Talent search to find five performers to play the role of a boy band in a new musical featuring the music of Take That. (S)

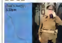
8.25 Casualty Dylan becomes the source of gossip after Seb's allegation. (S)

9.15 Taboo New series. Historical drama starring Tom Hardy. (S)

10.10 BBC News; Weather (S) National Lottery Update (S)
10.30 Match of the Day Gary Lineker presents highlights from the third round of the FA Cup. (S)

AFTER 12.00 FILM The Double (2011) (12) Spy thriller starring Richard Gere. (S) **1.35** Weather for the Week Ahead (S) **1.40** BBC News (S)

BBC2



6.05 Coast (S)(R) **6.50 FILM No Minor Vices (1948) (U)** (S) **8.25 FILM Angels One Five (1953) (U)** (S) **10.00 Secret Britain** (S)(R) **11.00 Homes Under the Hammer** (S)(R) **12.00 Exploring China: A Culinary Adventure** (S)(R) **1.00 Child Stars. Talking Pictures** (S)(R) **1.35 FILM Cimarron (1960) (PG)** (S) **4.00 Mastermind** (S)(R) **4.30 University Challenge** (S)(R) **5.00 Only Connect** (S)(R) **5.30 The World's Most Extraordinary Homes** (S)(R) **6.30 Thailand: Earth's Tropical Paradise** (S)(R)

7.30 Britain's Ancient Capital: Secrets of Orkney Neil Oliver, Chris Packham, Andy Torbet and Shini Somara investigate recent archaeological finds. (S)(R)

8.30 Dad's Army Mainwaring tries to get equipment for the platoon. (S)(R)

9.00 Bowie: The Last Five Years (S)

10.30 FILM The Man Who Fell to Earth (1976) (18) An alien comes to Earth hoping to find a way to save his own world. Nicolas Roeg's sci-fi drama, starring David Bowie. (S)

12.45 FILM Walkabout (1971) (12) Drama starring Jenny Agutter. (S) **2.20** This is BBC Two (S)

ITV

6.00 CITV 7.30 Scramble! 8.25 ITV News (S) **9.30 Thunderbirds Are Go** (S) **10.00 Rebound** (S)(R) **11.00 Guess This House** (S)(R) **12.00 Bargain Shop Wars** (S)(R) **12.25 ITV News;** Weather (S) **12.30 Judge Rinder** (S)(R) **1.35 FILM Kindergarten Cop (1990) (12)** (S) **3.40 Morecambe and Wise's Funniest Moments** (S)(R) **5.35 ITV Regional News;** Weather (S) **5.45 ITV News** (S) **6.00 You've Been Framed! Unchained!** (S)

7.00 Ninja Warrior UK Competitors from across the UK test their strength, speed and courage in this obstacle-course challenge. (S)

8.00 The Voice UK New series. The singing contest returns with new coaches Jennifer Hudson and Gavin Rossdale joining will.i.am and Tom Jones. (S)

9.35 Through the Keyhole With Fearne Cotton, Will Mellor and Judge Rinder. (S)

10.30 ITV News; Weather (S)
10.45 FILM Jaws: The Revenge (1987) (15) The 3rd sequel, starring Michael Caine, Lorraine Gary and Lance Guest. (S)

12.25 Jackpot247 3.00 Who's Doing the Dishes? (S)(R) **3.50** ITV Nightscreen

Channel 4

6.15 The King of Queens (S)(R) **7.25 Everybody Loves Raymond** (S)(R) **8.20 Frasier** (S)(R) **9.20 The Big Bang Theory** (S)(R) **10.15 The Simpsons** (S)(R) **11.45 A New Life in the Sun** (S)(R) **12.45 Darts: BDO Lakeside World Professional Championships** The opening day of the BDO World Championships. (S) **5.30 Speed with Guy Martin** The motorcycle racer competes in the Nevada Open Road Challenge. (S)(R)

7.00 Channel 4 News (S)
7.30 Britain's Favourite TV Detectives Documentary charting Britain's love affair with TV detectives. (S)

9.00 FILM Ride Along (2014) (12) Premiere. Comedy starring Ice Cube and Kevin Hart. (S)

10.55 FILM The Mechanic (2011) (15) A solitary hitman teaches his murdered mentor's son the tricks of the trade. Action thriller remake, starring Jason Statham and Ben Foster. (S)

12.45 Derren Brown: Infamous (S)(R) **2.15** Hollyoaks (S) **4.20** Shipping Wars UK (S)(R) **5.05** Kirstie's Vintage Gems (S)(R) **5.20** The Restoration Man (S)(R)

Channel 5

6.00 Milkshake! 9.55 The Fairly OddParents Double bill. Mark Chang takes up his father's crown. (S)(R) **10.30 The Hotel Inspector** (S)(R) **2.15 Can't Pay? We'll Take It Away** (S)(R) **6.15 NCIS: Los Angeles** New series. The agents search for Hetty in Romania and stake out the Comescu beach house, hoping to confirm she is alive. Real-time episode, starring Chris O'Donnell. (S)

7.05 NCIS: Los Angeles The CEO of a software company is kidnapped. (S)

8.00 NCIS New series. The American crime drama returns as Gibbs fights for his life after being shot. (S)
8.55 5 News Weekend (S)

9.00 Celebrity Big Brother Highlights of the housemates' past 24 hours under the all-seeing eye of Big Brother, as they try to get used to living alongside one another. (S)

10.00 FILM Sex Tape (2014) (15) Premiere. Comedy with Cameron Diaz and Jason Segel. Including 5 News Update at 11pm. (S)

11.50 Lip Sync Battle UK: Danny Dyer vs Craig Revel Horwood Actor Danny Dyer and dancer Craig Revel Horwood compete. (S)(R)

12.15 SuperCasino 3.10 Celebrity Big Brother (S)(R) **4.00** World's Strongest Man 2016 (S)(R) **4.50** Divine Designs (S)(R) **5.15** Divine Designs (S)(R) **5.40** Angels of Jarm (S)(R) **5.50** Roary the Racing Car (S)(R)

DIGITAL

ITV2 SKY 118 FV 6
6.00 You've Been Framed Gold **6.20** Emmerdale **9.00** Coronation Street **11.55** Take Me Out Celebrity Special **12.55** Ninja Warrior UK **1.05** FILM The Flintstones in Viva Rock Vegas (2000) (PG) Family comedy prequel starring Mark Addy. **2.55** FYI Daily **3.00** FILM The Flintstones in Viva Rock Vegas (2000) (PG) Concluded. **3.45** FILM Cats & Dogs: The Revenge of Kitty Galore (2010) (U) Comedy sequel, starring Chris O'Donnell. **4.45** FYI Daily **4.50** FILM Cats & Dogs: The Revenge of Kitty Galore (2010) (U) Concluded. **5.20** FILM King Kong (2005) (12) Fantasy adventure remake, starring Naomi Watts. **6.25** FYI Daily **6.30** FILM King Kong (2005) (12) Concluded. **9.00** FILM The Bourne Supremacy (2004) (12) Action thriller sequel, starring Matt Damon. **10.00** FYI Daily **10.00** FILM The Bourne Supremacy (2004) (12) Concluded. **11.15** Family Guy **12.45** American Dad **1.40** Dads **2.05** Safeword! **2.40** The Hot Desk: Caroline Flack **2.50** Teleshopping **5.50** ITV2 Nightscreen

ITV3 SKY 119 FV 10
6.00 Judge Judy **6.20** Murder, She Wrote **8.10** FILM The Nun's Story (1959) (PG) **9.15** FYI Daily **9.20** FILM The Nun's Story (1959) (PG) Concluded. **11.15** Inspector Morse **6.05** Midsomer Murders **8.00** Doc Martin **9.00** Midsomer Murders **11.00** Lewis **1.05** Foyle's Murder **2.00** ITV3 Nightscreen **2.30** Teleshopping

BBC4 SKY 116 FV 9
7.00 Why the Industrial Revolution Happened Here **8.00** The Magic of Mushrooms **8.00** Lost Kingdoms of Central America **10.00** The Young Montalbano **11.50** An Evening with Sammy Davis Jr **11.00** Sammy Davis Jr: The Kid in the Middle **1.50** Sings the Great American Songbook **2.55** An Evening with Sammy Davis Jr **3.00** Close

E4 SKY 136 FV 26
6.00 Rude(ish) Tube **7.05** Suburgatory **8.00** How I Met Your Mother **9.00** Melissa & Joey **10.00** Baby Daddy **11.00** Black-ish **12.00** FILM A Monster in Paris (2011) (U) Animated comedy, with the voice of Vanessa Paradis. **1.45** Rude(ish) Tube Shorts **2.00** The Goldbergs **4.00** Brooklyn Nine-Nine **6.00** The Big Bang Theory **9.00** FILM Speed (1994) (15) Action thriller starring Keanu Reeves. **11.20** Gogglebox **1.30** Rude Tube: Welcome to 2017 **3.25** New Girl **4.10** Suburgatory **4.00** Revenge

MORE4 SKY 138 FV 14
8.55 Food Unwrapped **9.15** Jamie's Super Food **10.05** Come Dine with Me **12.50** FILM Miracle on 34th Street (1947) (U) Christmas drama, starring Edmund Gwenn **2.40** Four in a Bed **5.20** Come Dine with Me **6.00** Hunt for the Arctic Ghost Ship **5.00** Pearl Harbour: The New Evidence **10.00** The Big Fat Quiz of the Year 2016 **12.15** 8 Out of 10 Cats New Year Special **1.05** Father Ted **2.05** Hunt for the Arctic Ghost Ship **3.10** 8 Out of 10 Cats **3.55** Close

FILM4 SKY 315 FV 15
11.00 Thunderbirds Are Go! (1966) (U) Puppet adventure, with the voice of Shane Rimmer. **1.00** The Family Stone (2005) (PG) Festive comedy drama, with Sarah Jessica Parker. **3.00** Fast Girls (2012) (12) Sporting drama, with Lenora Crichlow and Lily James. **4.50** Young Sherlock Holmes (1985) (PG) Teen detective adventure, starring Nicholas Rowe. **7.00** Volcano (1997) (12) Disaster thriller, starring Tommy Lee Jones. **9.00** The Hunger Games: Catching Fire (2013) (12) Sci-fi adventure sequel, starring Jennifer Lawrence. **11.45** Baskin (2015) (18) Premiere. Fantasy horror, starring Mehmet Cerrahoglu. **1.40** Wake in Fright (1971) (18) **4.00** Close

DAVE SKY 111 FV 12
7.10 Rocket City Rednecks **8.00** Deadliest Roads Down Under **9.00** Storage Hunters **10.00** Steve Austin's Broken Skull Challenge **11.55** Traffic Cops **1.00** Top Gear **2.00** QI XL **4.00** Dave Gorman: Modern Life Is Goodish **6.00** Taskmaster **7.00** Red Dwarf **9.00** QI XL **10.00** FILM GoodFellas (1990) (18) Crime drama, with Ray Liotta, Robert De Niro and Joe Pesci. **12.50** QI XL **2.45** Suits **3.30** Live at the Electric **4.00** Close

DRAMA SKY 158 FV 20
7.10 Pie in the Sky **11.00** Sharpe **1.00** Pie in the Sky **5.00** One Foot in the Grave **7.00** Inspector George Gently **9.00** Wallander **11.00** Waking the Dead **1.30** Shirley **2.55** Spooks **4.00** Close

SKY1 SKY 106
6.00 Ashley Banjo's Big Town Dance **7.00** Monkey Business **5.00** The Fantasy Football Club **10.00** Soccer AM **11.30** What's Up **12.00** Modern Family **2.30** Futurama **4.00** Modern Family **6.00** The Simpsons **8.00** Monkeys: An Amazing Animal Family **9.00** FILM: SWAT (2003) (12) Action thriller starring Samuel L Jackson and Colin Farrell. **11.15** A League of Their Own US Road Trip **12.15** Duck Quacks Don't Echo **1.15** Karl Pilkington: The Moaning of Life **2.15** Police Force Australia **5.00** Road Wars

SKY ATLANTIC SKY 108
8.00 The West Wing **11.00** David Attenborough's Conquest of the Skies **2.00** FILM: Dinosaur 13 (2014) (PG) The true story of one of history's greatest dinosaur discoveries. **4.00** Without a Trace **6.00** Game of Thrones **11.05** Marathon: The Patriots Day Bombing **1.20** The Wire **2.45** Girls **3.20** Without a Trace **4.10** The Petrol Age

W SKY 109
6.15 Deals **7.00** Traffic Cops **8.00** TBA **1.00** EastEnders **3.00** FILM: Ace Ventura: Pet Detective (1994) (12) Comedy starring Jim Carrey. **4.30** FILM: Ace Ventura: When Nature Calls (1995) (PG) Comedy sequel starring Jim Carrey. **6.20** My Family **9.00** FILM: Black Hawk Down (2001) (15) Fact-based military drama starring Josh Hartnett. **11.00** Traffic Cops **1.10** Believe **3.00** Home Shopping

GOLD SKY 110
7.00 Cheers **7.50** Open All Hours **10.30** Last of the Summer Wine **11.55** Only Fools and Horses **2.00** FILM: Dad's Army (1971) (U) British comedy starring Arthur Lowe. **3.50** Still Open All Hours **5.50** Open All Hours **7.20** Still Open All Hours **8.00** We Have Been Watching **9.00** Gavin & Stacey **11.00** Stewart Lee's Comedy Vehicle **12.20** Edd China's Cool Car Malware **1.40** Time Trumpet with Armando Iannucci **2.35** Stella Street **2.55** Human Remains **4.00** Close

SKY SPORTS 1 SKY 401
6.00 Football Gold **7.00** Football's Greatest Players **6.00** Game Changers **8.30** Premier League Legends **9.00** The Fantasy Football Club **10.00** Soccer AM **11.30** Football Gold **12.00** The Fantasy Football Club **1.00** Football Gold **1.20** Live PRO12 Rugby Union: Ospreys v Connacht (kickoff 1.30pm) **3.40** TBA **5.50** Super Rugby Gold **6.00** NFL: America's Game **7.00** Great Sporting Moments **8.00** Sky Sports Boxing Gold **8.30** NFL: America's Game **9.30** Live NFL: Coverage of the opening wild card match (kickoff TBA) **1.00** Live NFL **4.30** Premier League Legends **5.30** Spanish Football Gold

Sunday January 8th

BBC1

DAYTIME

6.00 Breakfast (S) **7.30 MOTD: FA Cup Highlights** (S)(R) **9.00 The Andrew Marr Show** (S) **10.00 The Big Questions** (S) **11.00 Homes Under the Hammer** (S)(R) **12.00 Bargain Hunt** (S)(R) **1.00 BBC News**, Weather (S) **1.15 Songs of Praise** (S) **1.50 Escape to the Country** (S)(R) **2.35 Life in the Snow** (S)(R) **3.35 Match of the Day Live: The FA Cup** (S) **6.05 BBC News** (S) **6.20 BBC Regional News; Weather** (S) **6.30 Countryfile** (S)

7.30 Antiques Roadshow Fiona Bruce presents a second visit to Tewkesbury Abbey in Gloucestershire. (S)

8.30 Still Open All Hours Eric, Cyril and Mr Newbold try to prove they can be exciting. (S)

9.00 Sherlock The detective faces a powerful new enemy who is seemingly unassailable, but who is concealing a terrible secret. Toby Jones guest stars as the villainous Culverton Smith. (S)

10.30 BBC News (S)

10.50 BBC Regional News; Weather (S)

11.00 MOTD: FA Cup Highlights A review of the latest third-round matches, featuring Tottenham Hotspur v Aston Villa. (S)

AFTER 12

12.05 The Celebrity Apprentice USA (S) **1.30 Weather for the Week Ahead** (S) **1.35** BBC News (S)

BBC2

6.10 A to Z of TV Gardening (S)(R) **6.55 Big Dreams Small Spaces** (S)(R) **7.55 An Island Parish** (S)(R) **8.25 The Edible Garden** (S)(R) **8.55 Countryfile** (S)(R) **9.55 Saturday Kitchen Best Bites** (S) **11.25 The Good Cook** (S)(R) **11.55 Tom Kerridge's Proper Pub Food** (S)(R) **12.25 Richard Harris: Talking Pictures** (S)(R) **1.00 FILM Cromwell (1970) (U)** (S) **3.15 Flog It!** (S)(R) **4.15 Life in Polar Bear Town with Gordon Buchanan** (S)(R) **5.15 Yellowstone: The Wildest Winter** (S)(R) **6.15 Ski Sunday** (S)

7.00 School Swap: Korea Style Part one of two. Three teenagers swap life in Pembrokeshire to go to school in South Korea. (S)

8.00 Dragons' Den The panel casts judgement over the profit-making potential of inflatable igloos, and a new kind of pooper-scooper. Presented by Evan Davis. (S)

9.00 Thailand: Earth's Tropical Paradise Exploring Central Thailand, and revealing how the nation's people find spiritual fulfilment in their relationships with animals. (S)

10.00 FILM A Most Violent Year (2014) (15) Premiere. An immigrant in New York in 1981 struggles to keep his business going. Thriller with Oscar Isaac and Jessica Chastain. (S)

12.00 QI XL (S) **12.45 Sign Zone: Countryfile** (S)(R) **1.45 Holby City** (S)(R) **2.40 This is BBC Two** (S)

ITV

6.00 CITV 7.30 Scrambled! 8.25 ITV News (S) **9.00 FILM Carry On Up the Jungle (1970) (PG)** (S) **11.15 Chopping Block** (S) **12.15 ITV News**, Weather (S) **12.25 Tipping Point** (S)(R) **1.25 Ninja Warrior UK** (S)(R) **2.30 The Voice UK** (S)(R) **4.00 The Big Soap Quiz: Coronation Street vs Emmerdale** (S)(R) **5.00 ITV Regional News**; Weather (S) **5.15 ITV News** (S) **5.30 Unbelievable Moments Caught on Camera** (S) **6.30 Dance Dance Dance** (S)

8.00 Endeavour New series. The detective throws himself into his work following his recent loss and investigates the suspicious death of a scientist. (S)

10.00 ITV News; Weather (S)

10.15 Robson Green: Crusoe: A Surprising Adventure Actor and presenter Robson Green fends for himself on a desert island. (S)(R)

11.10 Premiership Rugby Union Including highlights of Wasps v Leicester Tigers.

12.05 Jackpot247 3.00 Chopping Block (S)(R) **3.50** ITV Nightscreen **5.05** The Jeremy Kyle Show (S)(R)

Channel 4

6.15 The King of Queens (S)(R) **7.30 Everybody Loves Raymond** (S)(R) **8.25 Frasier** (S)(R) **9.30 Sunday Brunch** (S) **12.30 Darts: BDO Lakeside World Professional Championships** The second day of the BDO World Championships. (S) **5.30 Find It, Fix It, Flog It** Henry Cole and Simon O'Brien assess items including a clay pigeon trap. (S)(R) **6.15 Channel 4 News**; Weather (S) **6.30 Britain's Wildest Weather 2016** (S)

8.00 Walking the Americas New series. Levison Wood goes on a trek across Central America. The journey begins on Mexico's Yucatan Peninsula. (S)

9.00 FILM The Hunger Games: Mockingjay – Part 1 (2014) (12) Premiere. Sci-fi adventure sequel starring Jennifer Lawrence and Philip Seymour Hoffman. (S)

11.20 The Big Fat Quiz of Everything With Jonathan Ross, David Walliams, Katherine Ryan, Aisling Bea, Noel Fielding and Richard Ayoade. (S)(R)

1.25 How to Lose Weight Well (S)(R) **2.25** The Secret Life of 4 Year Olds (S)(R) **3.15** The Autistic Gardener (S)(R) **4.10** Shipping Wars UK (S)(R) **4.50** Kirstie's Fill Your House for Free (S)(R) **5.05** Location, Location, Location (S)(R)

Channel 5

6.00 Milkshake! 7.45 Big Bash Cricket Live (S) **11.30 Cats Make You Laugh Out Loud 3** (S)(R) **12.30 FILM Holy Man (1998) (PG)** (S) **2.35 FILM The Kid (2000) (PG)** Disney comedy, starring Bruce Willis. (S) **4.35 FILM Legally Blonde (2001) (12)** Comedy, starring Reese Witherspoon. (S) **6.25 FILM Along Came Polly (2004) (12)** Romantic comedy, starring Ben Stiller and Jennifer Aniston. (S)

8.00 Kittens Make You Laugh Out Loud Internet videos featuring kittens. (S)

8.55 5 News Weekend (S)

9.00 Celebrity Big Brother The ups and downs of life in the BB house as friendships and alliances are made, battle lines are drawn and arguments erupt. (S)

10.00 Celebrity Botched Up Bodies Leading surgeons repair household names damaged by cosmetic surgery. (S)

11.05 The BAFTA Britannia Awards 2016 Coverage of the movie awards ceremony, with Jodie Foster and Ricky Gervais among those receiving honours. (S)

1.00 SuperCasino 3.10 A New Life in Oz (S)(R) **4.00** Now That's Funny! (S)(R) **4.50** Divine Designs (S)(R) **5.15** Divine Designs (S)(R) **5.40** Angels of Jarm (S)(R) **5.50** Roary the Racing Car (S)(R)

DIGITAL

ITV2 SKY 118 FV 6

6.00 Emmerdale **8.40** Coronation Street **11.30** The Voice UK **1.00** 2Awesome: 2Awesome **1.00** 2Awesome Guidance **1.40** 2Awesome: Side Effects **2.20** 2Awesome: Third Wheel **2.50** 2Awesome: LA Story **3.00** FILM: Nanny McPhee (2005) (U) Period fantasy, starring Emma Thompson. **4.00** FYI Daily **4.05** FILM: Nanny McPhee (2005) (U) Concluded. **5.00** Mrs on Madness **6.10** FILM: Despicable Me 2 (2013) (U) Animated comedy sequel with the voice of Steve Carell. **6.10** FYI Daily **6.15** FILM: Despicable Me 2 (2013) (U) Concluded. **7.15** FILM: The Amazing Spider-Man 2 (2014) (12) Superhero adventure sequel, starring Andrew Garfield. **6.10** FYI Daily **8.20** FILM: The Amazing Spider-Man 2 (2014) (12) Concluded. **10.00** Family Guy **10.55** American Dad! **12.25** The Cleveland Show **1.20** Release the Hounds **2.10** Teleshopping **5.45** ITV2 Nightscreen

ITV3 SKY 115 FV 10

6.00 George and Mildred **8.25** Where the Heart Is **8.25** Heartbeat **10.30** Murder, She Wrote **1.45** FILM: Columbo: Make Me a Perfect Murder (1978) (PG) Crime drama, starring Peter Falk. **3.55** Lewis **5.55** Midsomer Murders **9.00** This Time Next Year **5.00** Tonight at the London Palladium **10.00** Birds of a Feather **10.30** Inspector Morse **12.00** A Touch of Frost **2.30** Wycliffe **3.30** May the Best House Win **5.10** You're Only Young Twice **5.40** ITV3 Nightscreen

BBC4 SKY 116 FV 9

7.00 David Starkey's Music & Monarchy **8.00** Sweet Musket & Machine Gun: Britain's Armed History **9.00** Horizon: The Trouble with Space Junk **10.00** The Sky at Night **10.30** FILM: Venus in Fur (2013) (15) Premiere. Drama, starring Emmanuelle Seigner and Mathieu Amalric. **12.00** Killer Whales: Beneath the Surface: Natural World **1.00** The Magic of Mushrooms **2.00** Lost Kingdoms of Central America **3.00** Boogie at the Movies: Kings of the Bang **4.00** Close

E4 SKY 136 FV 28

6.00 How I Met Your Mother **8.45** Melissa & Joey **7.35** Baby Daddy **8.35** The Goldbergs **9.30** Hollyoaks **12.00** FILM: Catch That Kid (2004) (PG) Comedy adventure, starring Kristen Stewart. **1.00** Rude(ish) Tube Shorts **2.00** The Goldbergs **3.00** The Big Bang Theory **6.30** The Big Bang Theory: Hawking's 75th Birthday **7.30** The Big Bang Theory: Hawking's 75th Birthday **5.00** FILM: Bullet to the Head (2012) (15) Action thriller, starring Sylvester Stallone. **10.50** Tattoo Fixers **11.55** Virtually Famous **12.45** Gogglebox **1.50** Rude Tube: Love Bytes **2.45** Rude Tube **3.10** New Girl **3.30** Hollyoaks

MORE4 SKY 138 FV 14

8.55 Food Unwrapped **5.35** Four in a Bed **12.00** Come Dine with Me **2.40** Four in a Bed **5.20** Come Dine with Me **8.00** Car SOS **5.00** Father Ted **10.00** Micky Flanagan: Back in the Game **11.05** The Great British Sex Survey **12.40** Car SOS **1.45** 8 Out of 10 Cats **3.35** Close

FILM4 SKY 315 FV: 15

11.00 The Great St Trinian's Train Robbery (1966) (PG) Comedy, starring Frankie Howerd. **1.00** The Spy Next Door (2010) (PG) Comedy, starring Jackie Chan. **2.50** The Two Faces of January (2014) (12) Thriller, starring Viggo Mortensen. **4.45** Mission: Impossible (1996) (PG) Action thriller, starring Tom Cruise. **6.55** The Jane Austen Book Club (2007) (12) Romantic comedy, with Kathy Baker and Maria Bello. **9.00** The Railway Man (2013) (15) Fact-based drama, starring Colin Firth and Nicole Kidman. **11.10** Jennifer's Body (2009) (15) Comedy horror, starring Megan Fox. **1.20** State and Main (2000) (15) Comedy, starring William H Macy. **3.35** Close

DAVE SKY 111 FV: 12

7.00 MegaTruckers **8.00** Top Gear USA Special **9.00** Top Gear Botswana Special **10.00** Traffic Cops **12.00** Lizard Lick Towing **1.00** Jay Leno's Garage **2.00** Top Gear **4.00** FILM: The Dirty Dozen (1967) (12) Second World War action adventure, with Lee Marvin. **7.00** Top Gear USA Special **8.00** Top Gear Botswana Special **9.00** Have I Got a Bit More News for You **10.00** QI XL **11.00** Crackanory **11.40** Room 101 **12.20** Mock the Week **1.40** Crackanory **2.20** Suits **3.10** Live at the Electric **4.00** Close

DRAMA SKY 158 FV 20

7.10 Pie in the Sky **8.00** The Bill **12.00** Death Comes to Pemberley **4.00** Catherine Cookson's The Wingless Bird **7.00** The 39 Steps **9.00** Silent Witness **11.10** Spooks **1.50** Hattie **3.30** Garden Hopping **4.00** Close

SKY1 SKY 106

6.00 Hour of Power **7.00** Big Cats: An Amazing Animal Family **9.00** Monkey Life **11.00** WWE: Raw **12.00** Futurama **2.00** Modern Family **4.20** The Simpsons **5.00** The Big Spell **6.00** The Simpsons **8.00** Monkeys: An Amazing Animal Family **9.00** Hawaii Five-0 **10.00** NCIS: Los Angeles **11.00** The Force: Manchester **12.00** The Force: Essex **1.00** Ross Kemp on Gangs **2.00** Police Force: Australia **5.00** Road Wars

SKY ATLANTIC SKY 108

6.00 The West Wing **11.00** Without a Trace **4.00** Blue Bloods **9.00** Game of Thrones **11.30** The Affair **12.40** The Wire **1.90** Girls **3.00** The Affair **4.10** The Gilded Age

W SKY 109

6.00 Crisis **7.00** Bondi Rescue **8.00** EastEnders **11.00** Extreme Makeover: Home Edition **1.00** Traffic Cops **2.00** FILM: Ella Enchanted (2004) (PG) Fantasy adventure, starring Anne Hathaway. **4.00** John Torode's Malaysian Adventure **8.00** Outnumbered **9.00** One Born Every Minute **9.00** Jonathan Creek **10.20** FILM: The One (2001) (15) Futuristic martial arts adventure, starring Jet Li and Jason Statham. **12.10** Traffic Cops **1.10** Believe **3.00** Home Shopping

GOLD SKY 110

7.00 Cheers **7.50** Open All Hours **9.15** FILM: Dad's Army (1971) (U) British comedy, starring Arthur Lowe. **11.10** Still Open All Hours **3.10** We Have Been Watching **4.00** Open All Hours **5.25** FILM: Ace Ventura: Pet Detective (1994) (12) Comedy, starring Jim Carrey. **7.05** FILM: Ace Ventura: When Nature Calls (1995) (PG) Comedy sequel, starring Jim Carrey. **9.10** Gavin & Stacey **11.10** The Thick of It Special: The Rise of the Nutters **12.30** Bellamy's People **1.50** Time Trumpet with Armando Iannucci **2.30** Eddie Izzard: Force Majeure **3.00** Stella Street **4.00** Close

SKY SPORTS 1 SKY 401

8.00 Football Gold **6.40** Football League Gold **7.00** Football's Greatest Players **8.00** Premier League Legends **8.30** The Sunday Supplement **10.00** Goals on Sunday **1.00** Great Sporting Moments **2.00** Premier League Legends **3.00** Sporting Triumphs **3.30** NFL **5.30** Live NFL. Coverage of the third wild card match (kick-off TBA). **9.30** Live NFL. Coverage of the fourth and final wild card match (kick-off TBA). **1.30** Darts Gold **2.00** Premier League Years **4.00** Sporting Heroes: Graham Taylor Interviews Denis Law **5.00** Premier League 100 Club **5.30** Spanish Football Gold

Monday January 9th

BBC1

DAYTIME

6.00 Breakfast (S) **9.15** Rip Off Britain: Holidays (S) **10.00** Homes Under the Hammer (S)(R) **11.00** Wanted Down Under (S) **11.45** Caught Red Handed (S) **12.15** Bargain Hunt (S) **1.00** BBC News at One; Weather (S) **1.30** BBC Regional News and Weather (S) **1.45** Father Brown (S) **2.30** Impossible (S) **3.15** Escape to the Country (S)(R) **3.45** The Hairy Bikers Comfort Food (S) **4.30** Antiques Road Trip (S) **5.15** Pointless (S) **6.00** BBC News at Six; Weather (S) **6.30** BBC Regional News and Weather (S)

7

7.00 **The One Show** Hosted by Alex Jones and Matt Baker. (S)

7.30 **Fake Britain** Fake clothing banks. Last in the series. (S) BBC News; Regional News (S)

8

8.00 **EastEnders** Mick's problems continue, while one family struggles to hold it together. (S)

8.30 **Terror on the Beach: Why Did It Happen? – Panorama** (S)

9

9.00 **Silent Witness** Part one of two. Nikki and Jack help in the investigation of the disappearance of a schoolteacher. (S)

10

10.00 **BBC News at Ten** (S)

10.30 **BBC Regional News and Weather** (S)

10.45 **Class** Sci-fi drama. (S)

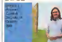
11

11.30 **Class** Sci-fi drama. (S)

AFTER 12

12.15 **Graham Norton's Big Red Chair** (S)(R) **1.00** Weather for the Week Ahead (S) **1.05** BBC News (S)

BBC2



5.00 Rip Off Britain: Holidays (S)(R) **6.45** Wanted Down Under (S)(R) **7.30** Caught Red Handed (S)(R) **8.00** Sign Zone: Nature's Weirdest Events (S)(R) **9.00** Victoria Derbyshire (S) **11.00** BBC Newsroom Live (S) **12.00** Daily Politics (S) **1.00** The Link (S)(R) **1.45** Chefs: Put Your Menu Where Your Mouth Is (S)(R) **2.30** Supersized Earth (S)(R) **3.30** Tropic of Cancer (S)(R) **4.30** A Place to Call Home (S)(R) **5.15** Put Your Money Where Your Mouth Is (S)(R) **6.00** Eggheads (S) **6.30** Great British Railway Journeys (S)

7.00 **MOTD: FA Cup 4th Round Draw** (S)

7.30 **Antiques Road Trip** Philip Serrell and Charles Hanson set off on a buying trip. (S)(R)

8.00 **University Challenge** Two more teams battle it out for a place in the quarter-finals. (S)

8.30 **An Island Parish: Anguilla** (S)

9.00 **Britain's Ancient Capital: Secrets of Orkney** Andy Torbet sets out to cross the Pentland Firth as the ancient Orcadians would have done. (S)

10.00 **Insert Name Here** Comedy panel game, hosted by Sue Perkins. (S)

10.30 **Newsnight** (S)

11.10 **Weather** (S)

11.15 **Bowie: The Last Five Years** (S)(R)

12.45 **Sign Zone: Judi Dench: All the World's Her Stage** (S)(R) **1.45** Imagine – The Art World's Prankster: Maurizio Cattelan (S)(R) **2.50** This Is BBC Two (S)

ITV

5.00 Good Morning Britain (S) **8.30** Lorraine (S) **9.25** The Jeremy Kyle Show (S) **10.30** This Morning (S) **12.00** Loose Women (S) **1.30** ITV Lunchtime News; Weather (S) **1.55** ITV Regional News; Weather (S) **2.00** Judge Rinder (S) **3.00** Dickinson's Real Deal (S) **3.59** ITV Regional Weather (S) **4.00** Tipping Point (S) **5.00** The Chase (S) **6.00** ITV Regional News; Weather (S) **6.30** ITV Evening News; Weather (S)

7.00 **Emmerdale** Lisa and Zak try to persuade Cain to let Kerry see Kyle. (S)

7.30 **Coronation Street** Michelle gets an unwelcome surprise. (S)

8.00 **The Martin Lewis Money Show** A report on the possibility of a rise in mortgage rates. (S)

8.30 **Coronation Street** Michelle and Steve face an uncertain journey.

9.00 **The Halcyon** Lady Hamilton wants Freddie to use his leave from the RAF to support her with the hotel, and Emma and Betsey hit the town. (S)

10.00 **ITV News; Weather** (S)

10.30 **ITV Regional News; Weather** (S)

10.40 **Through the Keyhole** Keith Lemon visits mystery celebrity homes. (S)(R)

11.40 **The Chase** Quiz show, hosted by Bradley Walsh. (S)(R)

12.35 **Jackpot247** **3.00** The Jeremy Kyle Show (S)(R) **3.55** ITV Nightscreen **5.05** The Jeremy Kyle Show (S)(R)

Channel 4

6.00 Countdown (S)(R) **6.45** 3rd Rock from the Sun (S)(R) **7.05** The King of Queens (S)(R) **8.00** Everybody Loves Raymond (S)(R) **9.00** Frasier (S)(R) **10.00** Ramsay's Kitchen Nightmares USA (S)(R) **11.00** Find It, Fix It, Flog It (S)(R) **12.00** Channel 4 News (S) **12.05** Salvage SOS (S)(R) **12.35** Darts: BDO Lakeside World Professional Championships (S) **5.00** Come Dine with Me (S) **6.00** The Simpsons (S)(R) **6.30** Hollyoaks (S)

7.00 **Channel 4 News** (S)

8.00 **The Health Detectives** Investigating health stories and medical advice found on the internet. (S)

8.30 **Food Unwrapped** (S)

9.00 **The Undateables** Musician and artist and Eddie from Falmouth in Cornwall is looking for romance, but when it comes to going on a date he can be lost for words as he has autism. (S)

10.00 **First Dates Hotel** An electrician who turns into a sweaty wreck when he talks to women, and a bank analyst worried men never see past her wheelchair. (S)

11.05 **Tattoo Fixers** A gangster film fan seeks Sketch's help to mend his criminal Robert De Niro portrait. (S)

12.10 Spies (S)(R) **1.10** 60 Days In Jail (S)(R) **2.00** Millionaires' Mansions: Designing Britain's Most Exclusive Homes (S)(R) **3.00** The Restoration Man (S)(R) **3.55** Location, Location, Location (S)(R) **4.55** Location, Location, Location (S)(R) **5.50** Salvage SOS (S)(R)

Channel 5

6.00 Milkshake! **9.15** The Wright Stuff **11.15** The Hotel Inspector (S)(R) **12.10** 5 News Lunchtime (S) **12.15** Celebrity Big Brother (S)(R) **1.15** Home and Away (S) **1.45** Neighbours (S) **2.15** NCIS (S)(R) **3.15** FILM Unwanted Guest (2016) (PG) Premiere. Thriller starring Kate Mansi (S) **5.00** 5 News at 5 (S) **5.30** Neighbours (S)(R) **6.00** Home and Away (S)(R) **6.30** 5 News Tonight (S)

7.00 **Deep-Sea Super Predator** Documentary following the search for a creature that is large enough to hunt white sharks. (S)(R) 5 News Update (S)

8.00 **Extreme Sea Monsters** The latest scientific technology is used to explore the most famous folklore of the ocean. (S) 5 News Update (S)

9.00 **Celebrity Big Brother** A chance to catch up with the latest action as the contestants continue to get to know each other – for better or worse. (S)

10.00 **The Week We Went Wild** New series. British families with interpersonal issues spend five days in the remote Panamanian jungle. (S)

11.05 **Celebrity Big Brother's Bit on the Side** Rylan Clark-Neal presents the CBB companion show.

12.05 **Tattoo Disasters: What Were You Inking?** (S) **12.55** SuperCasino **3.10** In Therapy: Coleen Nolan (S)(R) **4.00** World's Most Pampered Pets (S)(R) **4.45** Great Artists (S)(R) **5.10** House Doctor (S)(R) **5.35** House Doctor (S)(R)

DIGITAL

ITV2 SKY 118 FV 6
6.00 Planet's Funniest Animals **6.20** Who's Doing the Dishes? **7.10** The Ellen DeGeneres Show **8.00** Emmerdale **8.30** Coronation Street **8.35** Psych **10.25** Scorpion **11.20** Who's Doing the Dishes? **12.25** Emmerdale **12.50** Coronation Street **2.00** The Ellen DeGeneres Show **2.50** The Jeremy Kyle Show **5.00** Judge Rinder **6.00** You've Been Framed! Gold and Famous **7.00** You've Been Framed! Gold **8.00** Two and a Half Men **9.00** Family Guy **9.30** The Great Indoors **10.00** American Dad! **10.55** Family Guy **12.00** The Cleveland Show **12.55** Two and a Half Men **1.25** The Great Indoors **1.50** Dads **2.10** Teleshopping **5.45** ITV2 Nightscreen

ITV3 SKY 119 FV 10
6.00 Doctor in the House **6.20** Heartbeat **7.20** Where the Heart Is **8.25** The Royal **9.20** Judge Judy **10.00** A Touch of Frost **1.00** Heartbeat **2.05** The Royal **3.05** Where the Heart Is **4.15** Doctor in the House **4.45** You're Only Young Twice **5.20** George and Mildred **5.50** Heartbeat **6.55** Murder, She Wrote **8.00** Doc Martin **9.00** Long Lost Family **10.00** The Bletchley Circle **11.00** Inside Death Row with Trevor McDonald **12.05** The Knock **1.35** You're Only Young Twice **2.00** ITV3 Nightscreen **2.30** Teleshopping

BBC4 SKY 116 FV 9
7.00 World News Today; Weather **7.30** Grand Tours of Scotland **8.00** Swarm: Nature's Incredible Invasions **4.06** The Great Butterfly Adventure: Africa to Britain with the Painted Lady **10.30** Clydebuilt: The Ships That Made the Commonwealth **11.30** Knights of Classic Drama at the BBC **12.30** David Starkey's Music & Monarchy **1.30** The King & the Playwright: A Jacobean History **2.30** Ego: The Strange and Wonderful World of Self-Portraits **4.00** Close

E4 SKY 136 FV 28
6.00 Charmed **7.35** Hollyoaks **8.05** Rules of Engagement **9.00** The Goldbergs **11.00** Charmed **1.00** How I Met Your Mother **2.00** The Big Bang Theory **3.00** Baby Daddy **4.00** How I Met Your Mother **5.00** Brooklyn Nine-Nine **6.00** The Big Bang Theory **7.00** Hollyoaks **7.30** Carjackers **8.00** FILM: Johnny English Reborn (2011) (PG) **10.00** Gogglebox **11.10** The Big Bang Theory **12.10** First Dates **1.15** Tattoo Fixers **2.10** Hollyoaks **2.40** Gogglebox **3.30** Brad Roberta **4.00** Young & Hungry **4.20** The Goldbergs **4.45** Rules of Engagement

MORE4 SKY 138 FV 14
8.55 Come Dine with Me **11.40** FILM: The Thirty-Nine Steps (1978) (PG) **1.50** The Forgotten Gunners of WW1: A Time Team Special **2.40** Time Team **3.50** Car SOS **4.50** The Supervet **6.00** A Place in the Sun: Winter Sun **7.00** Grand Designs **9.00** The Supervet **10.00** 24 Hours in A&E **11.05** 999: What's Your Emergency? **12.05** Ramsay's Kitchen Nightmares USA **1.05** The Supervet **2.10** 24 Hours in A&E **3.15** 8 Out of 10 Cats **3.55** Close

FILM4 SKY 315 FV 15
11.00 Damn the Defiant! (1962) (PG) **1.05** Buchanan Rides Alone (1958) (U) **2.45** Guadalcanal Diary (1943) (PG) **4.30** The Frogmen (1951) (U) **6.35** Beautiful Creatures (2013) (12) **9.00** Die Hard 2 (1990) (18) **12.20** Easy A (2010) (15) **1.10** High Hopes (1988) (15) **3.20** Close

DAVE SKY 111 FV 12
7.00 Flip Men **7.30** Ice Road Truckers **9.15** American Pickers **9.00** Storage Hunters UK **9.30** Storage Hunters **10.00** American Pickers **12.00** Top Gear **2.00** Room 101 **2.40** Would I Lie to You? **3.20** QI **4.00** Top Gear **6.00** Jay Leno's Garage **7.00** American Pickers **8.00** Have I Got a Bit More News for You **9.00** Dave Gorman: Modern Life Is Goodish **10.00** Taskmaster **12.00** Mock the Week **1.00** Dave Gorman: Modern Life Is Goodish **2.00** Gavin & Stacey **2.40** Live at the Electric **4.00** Close

DRAMA SKY 158 FV 20
7.00 Upstairs Downstairs **8.00** Down to Earth **9.00** Bergerac **10.00** All Creatures Great and Small **11.00** The Bill **1.00** As Time Goes By **1.40** Steptoe and Son **2.20** Birds of a Feather **3.00** Down to Earth **4.00** Bergerac **5.00** All Creatures Great and Small **6.00** Steptoe and Son **6.40** Last of the Summer Wine **7.20** As Time Goes By **8.00** Judge John Deed **10.00** New Tricks **11.20** Birds of a Feather **12.00** The Bill **1.00** Brush Strokes **2.20** Gracie **3.30** Garden Hopping **4.00** Close

SKY1 SKY 106
5.00 Hawaii Five-0 **6.00** Monkey Life **9.00** Police Force Australia **10.00** Border Security: Canada's Front Line **12.00** Flower **12.00** NCIS: Los Angeles **1.00** Hawaii Five-0 **3.00** NCIS: Los Angeles **4.00** Modern Family **5.00** The Simpsons **5.30** Futurama **6.30** The Simpsons **8.00** Carpool Karaoke Special **9.00** FILM: xXx2: The Next Level (2005) (12) **11.00** Ross Kemp: Extreme World **12.00** A League of Their Own **1.00** The Force: Manchester **2.00** Brit Cops: Rapid Response **4.00** Animal 999 **5.00** Motorway Patrol

SKY ATLANTIC SKY 108
5.00 Fish Town **7.00** Richard E Grant's Hotel Secrets **8.00** The West Wing **10.00** House **11.00** Without a Trace **1.00** Blue Bloods **2.00** Urban Secrets **3.00** The West Wing **5.00** House **8.00** Without a Trace **9.00** Blue Bloods **9.00** The Affair **10.10** Risky Drinking **12.00** FILM: The Act of Killing (2012) (15) **2.20** The Wire **3.30** Girls **4.05** Fish Town **5.00** Richard E Grant's Hotel Secrets

W SKY 109
6.00 Crisis **7.00** Extreme Makeover: Home Edition **8.00** DIY SOS: The Big Build **9.00** My Dream Home **10.00** TBA **11.00** Tipping Point **1.00** John Torode's Australia **2.00** Wanted Down Under **3.00** What Do You Think You Are? **4.00** My Dream Home **5.00** DIY SOS: The Big Build **6.00** Tipping Point **7.00** Extreme Makeover: Home Edition **8.00** MasterChef Junior USA **9.00** Tourism & the Truth: Stacey Dooley Investigates Kenya **10.00** EastEnders **10.40** Gavin & Stacey **11.20** Russell Howard's Good News **12.20** EastEnders **1.00** Believe **3.00** Home Shopping

GOLD SKY 110
7.00 Cheers **8.00** 'Allo 'Allo! **8.50** As Time Goes By **10.00** The Thin Blue Line **10.50** We Have Been Watching **12.00** My Family **1.20** Lovejoy **2.35** As Time Goes By **4.00** Last of the Summer Wine **5.20** My Family **6.50** Gavin & Stacey **8.40** Miranda **9.20** The Royle Family **10.40** Gimme Gimme Gimme **12.00** Peep Show **12.35** The Royle Family **1.00** Gimme Gimme Gimme **2.30** I Dream of Jeannie **3.20** Gimme Gimme Gimme **4.00** Close

SKY SPORTS 1 SKY 401
6.00 Football Gold **7.00** WWE: Raw **8.00** Goals on Sunday **9.00** Premier League 100 Club **10.00** Premier League Years **12.00** Goals on Sunday **1.00** Giant Sporting Moments **2.00** Premier League Legends **3.00** Goals on Sunday **4.00** Sporting Triumphs **5.00** Sky Sports Boxing Gold **5.30** Darts Gold **6.00** Soccer AM: The Best Bits **6.30** Premier League 100 Club **7.00** Sporting Triumphs **7.40** TBA **10.15** Scottish Football Round-Up **10.30** Soccer AM: The Best Bits **11.00** More Than a Game **11.30** The Mavericks **12.00** La Liga Goals **12.10** Scottish Football Round-Up **12.30** Soccer AM: The Best Bits **1.00** La Liga Goals **1.30** Darts Gold **2.00** Premier League Years **4.00** Sporting Heroes: Gary Newbon Interviews Linnea Lew[illegible] **5.00** Premier League 100 Club **6.30** Spanish Football Gold

Tuesday January 10th

BBC1

DAYTIME

6.00 Breakfast (S) **9.15 Rip Off Britain: Holidays** (S) **10.00 Homes Under the Hammer** (S) **11.00 Wanted Down Under** (S) **11.45 Caught Red Handed** (S) **12.15 Bargain Hunt** (S)(R) **1.00 BBC News at One; Weather** (S) **1.30 BBC Regional News and Weather** (S) **1.45 Father Brown** (S) **2.30 Impossible** (S) **3.15 Escape to the Country** (S)(R) **3.45 The Hairy Bikers Comfort Food** (S) **4.30 Antiques Road Trip** (S) **5.15 Pointless** (S) **6.00 BBC News at Six; Weather** (S) **6.30 BBC Regional News and Weather** (S)

7

7.00 The One Show Live chat and topical reports. (S)

7.30 EastEnders Denise finds herself in an impossible situation. (S) BBC News; Regional News (S)

8

8.00 Holby City Olivia must compete for both funding and Jac's support when Matteo pitches a tempting rival project. (S)

9

9.00 Silent Witness Part two of two. Having discovered a forensic link between their two cases, the team unites to work out how these disparate victims are linked. (S)

10

10.00 BBC News at Ten (S)

10.30 BBC Regional News and Weather (S) National Lottery Update (S)

10.45 The War on Loan Sharks (S)

11

11.39 Italy's Invisible Cities (S)(R)

AFTER 12

12.35 Weather for the Week Ahead (S) **12.40 BBC News** (S)

BBC2

6.00 Rip Off Britain: Holidays (S)(R) **6.45 Wanted Down Under** (S)(R) **7.30 Caught Red Handed** (S)(R) **8.00 Sign Zone: Great British Menu** (S)(R) **9.00 Victoria Derbyshire** (S) **11.00 BBC Newsroom Live** (S) **12.00 Daily Politics** (S) **1.00 The Link** (S)(R) **1.45 Chefs: Put Your Menu Where Your Mouth Is** (S)(R) **2.30 Supersized Earth** (S)(R) **3.30 Land of the Lost Wolves** (S)(R) **4.30 A Place to Call Home** (S)(R) **5.15 Put Your Money Where Your Mouth Is** (S)(R) **6.00 Eggheads** (S) **6.30 Great British Railway Journeys** (S)

7.00 Rick Stein's Long Weekends The chef visits the city of Bologna in northern Italy, where he learns how to make the local fresh egg pasta. (S)(R)

8.00 The Great Interior Design Challenge The two designers who have made it to this stage must take on a living room and a sitting room each. (S)

9.00 Our Dancing Town New series. Yorkshire towns, with the help of choreographer Steven Elias, celebrate their history in local dance spectaculars, beginning in Barnsley. (S)

10.00 Revolting The boys want to help Philip Green get a new yacht. (S)

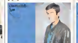
10.30 Newsnight (S)

11.10 Weather (S)

11.15 NFL This Week Action from the latest fixtures. (S)

12.05 Dragons' Den (S)(R) **1.05 Sign Zone: The Real Marigold on Tour: Japan** (S)(R) **2.05 The Brits Who Designed the Modern World** (S)(R) **3.05 The Big Food Rescue** (S)(R) **3.50 This is BBC Two** (S)

ITV



6.00 Good Morning Britain (S) **8.30 Lorraine** (S) **9.25 The Jeremy Kyle Show** (S) **10.30 This Morning** (S) **12.30 Loose Women** (S) **1.30 ITV Lunchtime News; Weather** (S) **1.55 ITV Regional News; Weather** (S) **2.00 Judge Rinder** (S) **3.00 Dickinson's Real Deal** (S) **3.59 ITV Regional Weather** (S) **4.00 Tipping Point** (S) **5.00 The Chase** (S) **6.00 ITV Regional News; Weather** (S) **6.30 ITV Evening News; Weather** (S)

7.00 Emmerdale Cain gives Lachlan an ultimatum. (S)

7.30 The Money Saving Good Health Show Testing shop-bought health products. (S)

8.00 Martin Clunes: Islands of Australia New series. The actor visits 18 of the 8,000 islands in Australia. (S)

9.00 Sugar Free Farm New series. Peter Davison, Stavros Flatley, Alison Hammond, Ann Widdecombe, Joe Pasquale and Gemma Collins attempt to live and work on a farm. (S)

10.00 ITV News; Weather (S)

10.30 ITV Regional News; Weather (S)

10.40 Wilderness Walks with Ray Mears The bushcraft expert explores the Thames Path by canoe. (S)(R)

11.10 Trawlermen Tales Jimmy's boat breaks down, but engineer Shareel saves the day. (S)(R)

12.10 Jackpot247 **3.00 Loose Women** (R) **3.50 ITV Nightscreen** **5.05 The Jeremy Kyle Show** (S)(R)

Channel 4

6.15 3rd Rock from the Sun (S)(R) **7.05 The King of Queens** (S)(R) **7.55 Everybody Loves Raymond** (S)(R) **9.00 Frasier** (S)(R) **10.00 Ramsay's Kitchen Nightmares USA** (S)(R) **11.00 Find It, Fix It, Flog It** (S)(R) **12.00 Channel 4 News** (S) **12.05 Darts: BDO Lakeside World Professional Championships** (S) **5.00 Come Dine with Me** (S) **6.00 The Simpsons** (S)(R) **6.30 Hollyoaks** (S)

7.00 Channel 4 News (S)

8.00 How to Lose Weight Well Dr Xand van Tulleken and dietician Hala El-Shafie help a duo slim down for a birthday bash in seven days. (S)

9.00 24 Hours in A&E Cameras follow a woman who is airlifted to St George's after being involved in a car crash with her husband in Surrey, and a man who fractured his ankle. (S)

10.00 This Is Us Randall has doubts about his career choice. (S)

10.55 The Undateables Musician and artist and Eddie from Falmouth in Cornwall is looking for romance. (S)(R)

12.00 Bodyshockers: Nips, Tucks and Tattoos (S)(R) **1.00 KOTV Boxing Weekly** (S) **1.25 Chasing Perfection** (S)(R) **2.20 The Restoration Man** (S)(R) **3.15 Location, Location, Location** (S)(R) **4.10 Location, Location, Location** (S)(R) **5.05 Shipping Wars UK** (S)(R)

Channel 5

6.00 Milkshake! **9.15 The Wright Stuff** (S) **11.15 The Hotel Inspector** (S)(R) **12.10 5 News Lunchtime** (S) **12.15 Celebrity Big Brother** (S)(R) **1.15 Home and Away** (S) **1.45 Neighbours** (S) **2.15 NCIS** (S)(R) **3.15 FILM Dangerous Lessons** (2016) (15) (S) **5.00 5 News at 5** (S) **5.30 Neighbours** (S)(R) **6.00 Home and Away** (S)(R) **6.30 5 News Tonight** (S)

7.00 To B&B the Best Lisa Holloway helps a novice hotelier in Leyton, east London. (S)(R) 5 News Update (S)

8.00 A New Life in Oz Cameras follow Justin, partner Yvette and daughter Sienna as they attempt to make a fresh start in Adelaide. (S) 5 News Update (S)

9.00 Celebrity Big Brother A chance to catch up with the latest action as the contestants continue to get to know each other – for better or worse. (S)

10.00 Celebrity 100 Per Cent Hotter New series. Special edition of the makeover show featuring famous faces. The first episode features John McCririck and Gemma Lucy. (S)

11.05 Celebrity Big Brother's Bit on the Side Rylan Clark-Neal presents the CBB companion show. (S)

12.05 Celebrity Big Brother: Live from the House **1.00 SuperCasino** **3.10 GPs: Behind Closed Doors** **New Year, New You** (S)(R) **4.00 Now That's Funny!** (S)(R) **4.45 Great Artists** (S)(R) **5.10 House Doctor** (S)(R) **5.35 House Doctor** (S)(R)

DIGITAL

ITV2 SKY 118 FV 6

6.00 Planet's Funniest Animals **6.20** Who's Doing the Dishes? **7.15** The Ellen DeGeneres Show **8.00** Emmerdale **8.30** Coronation Street **9.35** Psych **10.20** Scorpion **11.15** Who's Doing the Dishes? **12.25** Emmerdale **12.55** Coronation Street **2.00** The Ellen DeGeneres Show **2.50** The Jeremy Kyle Show **5.00** Judge Rinder **6.00** You've Been Framed! Top 100 Shockers **7.00** You've Been Framed! Gold **8.00** Two and a Half Men **9.00** FILM: The Bourne Ultimatum (2007) (12) **10.00** FYI Daily **10.08** FILM: The Bourne Ultimatum (2007) (12) **11.10** Family Guy **12.15** American Dad! **1.10** Two and a Half Men **1.40** Dads **2.05** Totally Bonkers Guinness World Records **2.30** Teleshopping

ITV3 SKY 119 FV 10

6.00 Doctor in the House **6.20** Heartbeat **7.20** Where the Heart Is **8.25** The Royal **9.25** Judge Judy **10.00** A Touch of Frost **1.00** Heartbeat **2.00** The Royal **3.05** Where the Heart Is **4.15** Doctor in the House **4.50** You're Only Young Twice **5.20** George and Mildred **5.55** Heartbeat **7.00** Murder, She Wrote **8.00** Midsomer Murders **10.00** The Guilty **11.00** A Touch of Frost **1.10** The Knock **2.00** ITV3 Nightscreen **2.30** Teleshopping

BBC4 SKY 116 FV 9

7.00 World News Today; Weather **7.30** Grand Tours of Scotland **8.00** The Trains That Time Forgot: Britain's Lost Railway Journeys **9.00** Dan Snow on Lloyd George: My Great Great Grandfather **10.00** FILM: Wales: Man of Hope (2013) (12) **11.50** Storyville: The Real Great Escape **1.20** A Very British Renaissance **2.20** Britain on Film: The Home Front **2.50** Dan Snow on Lloyd George: My Great Great Grandfather **3.50** Close

E4 SKY 136 FV 28

6.00 Charmed **7.35** Hollyoaks **8.00** Rules of Engagement **9.00** Baby Daddy **10.00** Brooklyn Nine-Nine **11.00** Charmed **1.00** How I Met Your Mother **2.00** The Big Bang Theory **3.00** Baby Daddy **4.00** How I Met Your Mother **5.00** Brooklyn Nine-Nine **6.00** The Big Bang Theory **6.30** The Big Bang Theory: Wizard Weekend **7.00** Hollyoaks **7.30** Carjackers **8.00** The Goldbergs **9.00** Tattoo Fixers **10.00** Virtually Famous **10.50** The Big Bang Theory **11.50** Gogglebox **12.55** The Goldbergs **1.55** Hollyoaks **2.20** Tattoo Fixers **3.15** Virtually Famous **3.00** Bad Robots **4.20** The Goldbergs **5.00** Rules of Engagement

MORE4 SKY 138 FV 14

8.55 Kirstie's Vintage Gems **8.20** Come Dine with Me **11.00** FILM: Flood Brynesty (1961) (PG) **1.00** Time Team **3.00** DIY SOS **4.50** The Supervet **5.00** A Place in the Sun: Winter Sun **7.55** Grand Designs **9.00** Building the Dream **10.00** Obsessive Compulsive Cleaners **11.10** 24 Hours in A&E **12.15** Ramsay's Kitchen Nightmares USA **1.15** Big Fat Gypsy Weddings **2.15** Building the Dream **3.20** Kirstie's Fill Your House for Free **3.40** Close

FILM4 SKY 315 FV 15

12.50 Crash Dive (1943) (PG) **1.10** Arabian Nights (1942) (PG) **2.55** The Blue Dahlia (1946) (PG) **4.56** The Ladykillers (1955) (U) **6.50** The Women (2008) (12) **9.00** The Imitation Game (2014) (12) **11.15** Underworld: Awakening (2012) (18) **1.00** The Dance of Reality **3.50** Close

DAVE SKY 111 FV 12

7.05 Flip Men **7.50** Ice Road Truckers **8.10** American Pickers **9.00** Storage Hunters UK **9.30** Storage Hunters **10.00** American Pickers **12.00** Top Gear **2.00** Room 101 **2.00** Would I Lie to You? **3.20** QI **4.00** Top Gear **6.00** Jay Leno's Garage **7.00** American Pickers **8.00** QI XL **9.00** Dave Gorman: Modern Life Is Goodish **10.00** Taskmaster **11.00** Mock the Week **1.00** Dave Gorman: Modern Life Is Goodish **2.00** Gavin & Stacey **2.40** Undercover **4.00** Close

DRAMA SKY 158 FV 20

7.15 The Bill **8.00** Down to Earth **9.00** Bergerac **10.00** All Creatures Great and Small **12.00** The Bill **1.00** As Time Goes By **1.50** Steptoe and Son **2.20** Birds of a Feather **3.00** Down to Earth **4.00** Bergerac **5.00** All Creatures Great and Small **6.00** Steptoe and Son **6.00** Last of the Summer Wine **7.15** As Time Goes By **8.00** The Inspector Lynley Mysteries **10.00** New Tricks **11.20** Birds of a Feather **12.00** The Bill **1.00** Brush Strokes **2.20** Burton and Taylor **4.00** Close

SKY1 SKY 106

8.00 Hawaii Five-0 **8.00** Monkey Life **9.00** Police Force Australia **10.00** Border Security: Canada's Front Line **11.00** Forever **12.00** NCIS: Los Angeles **1.00** Hawaii Five-0 **3.00** NCIS: Los Angeles **4.00** Modern Family **5.00** The Simpsons **6.30** Futurama **8.30** The Simpsons **9.00** Karl Pilkington: The Moaning of Life **10.00** Hawaii Five-0 **11.00** Most Shocking **12.00** A League of Their Own **1.00** The Force: Manchester **2.00** Brit Cops: Rapid Response **4.00** Animal 999 **5.00** Motorway Patrol

SKY ATLANTIC SKY 108

6.00 Fish Town **7.00** Richard E Grant's Hotel Secrets **8.00** The West Wing **10.00** House **11.00** Without a Trace **1.00** Blue Bloods **2.00** Urban Secrets **3.00** The West Wing **5.00** House **6.00** Without a Trace **8.00** Blue Bloods **9.00** Westworld **10.20** Quarry **11.00** FILM: Phil Spector (2013) (15) **1.20** The Wire **2.30** Girls **3.10** Without a Trace **4.05** Fish Town **5.00** Richard E Grant's Hotel Secrets

W SKY 109

6.00 Cites **7.00** Extreme Makeover: Home Edition **8.00** DIY SOS: The Big Build **9.00** My Dream Home **10.00** TBA **12.00** Tipping Point **1.00** John Torode's Australia **2.00** Wanted Down Under **3.00** Who Do You Think You Are? **4.00** My Dream Home **5.00** DIY SOS: The Big Build **6.00** Tipping Point **7.00** Extreme Makeover: Home Edition **8.00** MasterChef Junior USA **9.00** TBA **10.00** EastEnders **10.40** Gavin & Stacey **12.20** Russell Howard's Good News **12.20** EastEnders **1.00** Almost Human **3.00** Home Shopping

GOLD SKY 110

7.00 Cheers **8.00** 'Allo 'Allo! **8.40** As Time Goes By **10.00** The Thin Blue Line **10.40** Last of the Summer Wine **12.00** My Family **1.20** Lovejoy **2.30** As Time Goes By **4.00** Last of the Summer Wine **5.20** My Family **6.00** Only Fools and Horses **8.00** Fawlty Towers **10.00** Men Behaving Badly **10.40** Extras **11.20** Only Fools and Horses **12.40** Peep Show **1.15** Police Squad! **1.50** Cheers **2.40** I Dream of Jeannie **4.00** Close

SKY SPORTS 1 SKY 401

6.00 Football Gold **7.00** WWE: Smackdown **8.00** Premier League Legends **9.00** Soccer AM: The Best Bits **9.30** Premier League 100 Club **10.00** Premier League Years **12.00** Time of Our Lives **1.00** Soccer AM: The Best Bits **1.30** Great Sporting Moments **2.00** Premier League Legends **3.00** Sporting Heroes: John Smit Interviews Francois Pienaar **4.00** Soccer AM: The Best Bits **4.30** Sporting Triumphs **5.00** Sky Sports Boxing Gold **5.30** Darts Gold **6.00** Scottish Football Round-Up **6.15** Football Gold **6.30** Soccer AM: The Best Bits **7.00** Premier League 100 Club **7.30** Live EFL Cup **10.15** La Liga World **10.45** Soccer AM: The Best Bits **11.15** Sporting Triumphs **11.30** Premier League 100 Club **12.00** EFL Cup Highlights **12.30** La Liga World **1.00** Sky Sports Boxing Gold **1.30** EFL Cup Highlights **2.00** Premier League Years **4.00** Sporting Heroes: Gary Neville Interviews Stirling Moss **6.00** EFL Cup Highlights

Wednesday January 11th

BBC1

6.00 Breakfast (S) **9.15 Rip Off Britain: Holidays** (S) **10.00 Homes Under the Hammer** (S)(R) **11.00 Wanted Down Under** (S) **11.45 Caught Red Handed** (S) **12.15 Bargain Hunt** (S)(R) **1.00 BBC News at One; Weather** (S) **1.30 BBC Regional News and Weather** (S) **1.45 Father Brown** (S) **2.30 Impossible** (S) **3.15 Escape to the Country** (S)(R) **3.45 The Hairy Bikers' Comfort Food** (S) **4.30 Antiques Road Trip** (S) **5.15 Pointless** (S) **6.00 BBC News at Six; Weather** (S) **6.30 BBC Regional News Programmes** (S) **6.55 Party Political Broadcast** (S)

7.00 The One Show Matt Baker and Alex Jones present the live magazine show featuring big-name studio guests. (S) BBC News; Regional News (S)

8.00 The Sheriffs Are Coming Sheriffs Lawrence and Kev plan to remove a valuable Bentley unless a debt is paid in full. (S)

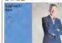
9.00 Italy's Invisible Cities Alexander Armstrong and Dr Michael Scott explore the city of Venice using the latest 3D technology. (S)

10.00 BBC News at Ten (S)
10.30 BBC Regional News and Weather (S) National Lottery Update (S)
10.45 A Question of Sport Light-hearted quiz with Sue Barker. (S)

11.15 Parkinson's: The Funny Side (S)(R)
11.45 FILM The Other Man (2008) (15) Drama, with Liam Neeson and Antonio Banderas. (S)

AFTER 12
1.10 Weather for the Week Ahead (S)
1.15 BBC News (S)

BBC2



6.00 Rip Off Britain: Holidays (S)(R) **6.45 Wanted Down Under** (S)(R) **7.30 Caught Red Handed** (S)(R) **8.00 Sign Zone: Great British Menu** (S)(R) **9.00 Victoria Derbyshire** (S) **11.00 BBC Newsroom Live** (S) **11.30 Daily Politics** (S) **1.00 The Link** (S)(R) **1.45 Chefs: Put Your Menu Where Your Mouth Is** (S)(R) **2.30 Supersized Earth** (S)(R) **3.30 Land of the Lost Wolves** (S)(R) **4.30 A Place to Call Home** (S)(P) **5.15 Put Your Money Where Your Mouth Is** (S)(R) **6.00 Eggheads** (S) **6.30 Great British Railway Journeys** (S)

7.00 Rick Stein's Long Weekends The chef embarks on another round of extended culinary breaks beginning with Portuguese capital Lisbon. (S)(R)

8.00 The Great Interior Design Challenge In the second quarter-final two designers have 48 hours to transform two rooms. (S)

9.00 Hospital New series. A six-part series capturing the day-to-day realities that face the NHS bringing audiences closer to the struggles that face hospital staff and patients alike. (S)

10.00 Common Sense New series. Topical comedy news series featuring a cast of real British people. (S)
10.30 Newsnight (S)

11.10 Weather (S)
11.15 Our Dancing Town Yorkshire towns celebrate their history in local dance spectaculars beginning in Barnsley. (S)(R)

12.15 Alan Bennett's Diaries (S)(R) **1.15 Sign Zone: Muslims Like Us** (S)(R) **2.15 Italy's Invisible Cities** (S)(R) **3.15 The Big Food Rescue** (S)(R) **4.00 This Is BBC Two** (S)

ITV

6.00 Good Morning Britain (S) **8.30 Lorraine** (S) **9.25 The Jeremy Kyle Show** (S) **10.30 This Morning** (S) **12.30 Loose Women** (S) **1.30 ITV Lunchtime News; Weather** (S) **1.55 ITV Regional News; Weather** (S) **2.00 Judge Rinder** (S) **3.00 Dickinson's Real Deal** (S) **3.59 ITV Regional Weather** (S) **4.00 Tipping Point** (S) **5.00 The Chase** (S) **6.00 ITV Regional News; Weather** (S) **6.25 Party Political Broadcast** (S) **6.30 ITV Evening News; Weather** (S)

7.00 Emmerdale Chrissie gives in to Cain. (S)
7.30 Coronation Street Steve and Michelle's world crumbles. (S)

8.00 Midsomer Murders Barnaby and Winter investigate when Lower Pampling's star cricketer Leo Henderson is found dead after a match in Lower Pampling. (S)

10.00 ITV News; Weather (S)
10.30 ITV Regional News; Weather (S)
10.40 Unbelievable Moments Caught on Camera Eyewitness footage of a wedding that was ruined by a sandstorm. (S)(R)

11.40 It's Not Rocket Science Science show with Ben Miller, Rachel Riley and Romesh Ranganathan (S)(R)

12.30 Jackpot247 3.00 1000 Heartbeats (S)(P) **3.50 ITV Nightscreen 5.05 The Jeremy Kyle Show** (S)(R)

Channel 4

6.15 3rd Rock from the Sun (S)(R) **7.05 The King of Queens** (S)(R) **7.55 Everybody Loves Raymond** (S)(R) **9.00 Frasier** (S)(R) **10.00 Ramsay's Kitchen Nightmares USA** (S)(P) **11.00 Find It, Fix It, Flog It** (S)(P) **12.00 Channel 4 News** (S) **12.05 Darts: BDO Lakeside World Professional Championships** (S) **5.00 Come Dine with Me** (S) **6.00 The Simpsons** (S)(P) **6.30 Hollyoaks** (S)

7.00 Channel 4 News (S)

8.00 Location, Location, Location Kirstie Allsopp goes property hunting in the trendy suburb of Heaton in Newcastle. (S)

9.00 No Offence Joy is thrown into a freefall after making a shocking discovery, and Dinah uncovers a group of young casualties in a gang-owned property. (S)

10.00 19 Kids and Counting Cameras return to the Radfords family home as Lancashire pie-maker Noel, Sue and the children prepare to welcome a new baby to their brood. (S)(R)

11.05 Finding My Twin Stranger An insight into the phenomenon of people seeking their twin stranger. (S)(R)

12.10 Music on 4: Live from Abbey Road Classics (S) **12.40 Walking the Americas** (S)(R) **1.35 FILM Beasts of the Southern Wild (2012)** (12) (S) **3.05 The Secret Life of 4 Year Olds** (S)(R) **4.00 Hoarder SOS** (S)(R) **4.55 Location, Location, Location** (S)(R)

Channel 5

6.00 Milkshake! 9.15 The Wright Stuff 11.15 The Hotel Inspector (S)(R) **12.10 5 News Lunchtime** (S) **12.15 Celebrity Big Brother** (S)(R) **1.15 Home and Away** (S) **1.45 Neighbours** (S) **2.15 NCIS** (S)(R) **3.15 FILM Kidnapped: The Search for Tommy (2015)** (PG) (S) **5.00 5 News at 5** (S) **5.30 Neighbours** (S)(R) **6.00 Home and Away** (S)(R) **6.30 5 News Tonight** (S)

7.00 Bloody Tales of the Tower The contrasting fates of three people imprisoned in the Tower of London for treason. (S)(R) 5 News Update (S)

8.00 GPs: Behind Closed Doors Two patients with different attitudes towards alcohol come into the surgery. (S) 5 News Update (S)

9.00 Celebrity Big Brother Highlights of the housemates' past 24 hours under the all-seeing eye of Big Brother. (S)

10.00 Celebrity Big Brother's Bit on the Side Rylan Clark-Neal presents
10.45 Football on 5: The EFL Cup Highlights of the semi-final first leg matches. (S)

12.00 Bellator MMA's Greatest Hits: Volume 1 (S) **1.00 SuperCasino 3.10 Bargain-Loving Brits in the Sun** (S)(R) **4.00 Now That's Funny!** (S)(R) **4.45 Great Artists** (S)(R) **5.10 House Doctor** (S)(R) **5.35 House Doctor** (S)(R)

DIGITAL

ITV2 SKY 118 FV 6
6.00 Planet's Funniest Animals **6.20** Who's Doing the Dishes? **7.15** The Ellen DeGeneres Show **8.00** Emmerdale **8.30** The Cube **9.35** Psych **10.25** Scorpion **11.25** Who's Doing the Dishes? **12.25** Emmerdale **12.55** You've Been Framed! A to Z of Animals **2.00** The Ellen DeGeneres Show **2.50** The Jeremy Kyle Show **5.00** Judge Rinder **6.00** You've Been Framed! Gold Top Tens **7.00** You've Been Framed! Gold **8.00** Two and a Half Men **9.00** Through the Keyhole **10.00** Plebs **11.00** Family Guy **12.00** American Dad! **12.55** Two and a Half Men **1.25** Bordertown **2.20** Teleshopping **5.50** ITV2 Nightscreen

ITV3 SKY 119 FV 10
6.00 Doctor in the House **6.25** Heartbeat **7.25** Where the Heart Is **8.30** The Royal **9.30** Judge Judy **10.55** A Touch of Frost **1.05** Heartbeat **2.05** The Royal **3.10** Where the Heart Is **4.15** Doctor in the House **4.50** You're Only Young Twice **5.20** George and Mildred **5.55** Heartbeat **7.00** Murder, She Wrote **8.00** Paul O'Grady: For the Love of Dogs **9.00** Life of Crime **12.00** Wycliffe **1.05** The Knock **2.00** ITV3 Nightscreen **2.30** Teleshopping

BBC4 SKY 116 FV 9
7.00 World News Today; Weather **7.30** Grand Tours of Scotland **8.00** 10 Things You Didn't Know About Earthquakes **9.00** James May: The Reassembler **9.30** The Joy of Train Sets – The Model Railway Story **10.30** Egypt's Lost Cities **12.00** Horizon: The Trouble with Space Junk **1.00** 10 Things You Didn't Know About Earthquakes **2.00** Knights of Classic Crime at the BBC **3.00** The Joy of Train Sets – The Model Railway Story **4.00** Close

E4 SKY 138 FV 28
6.00 Charmed **7.35** Hollyoaks **8.05** Rules of Engagement **9.00** Baby Daddy **10.00** Brooklyn Nine-Nine **11.00** Charmed **1.00** How I Met Your Mother **2.00** The Big Bang Theory **2.30** The Big Bang Theory: Wizard Weekend **3.00** Baby Daddy **4.00** How I Met Your Mother **5.00** Brooklyn Nine-Nine **6.00** The Big Bang Theory **7.00** Hollyoaks **7.30** Carjackers **8.00** The Big Bang Theory **9.00** Timeless **10.00** Supernatural **11.00** The Big Bang Theory **12.00** Gogglebox **1.00** Tattoo Fixers **2.00** Hollyoaks **2.25** Timeless **3.10** Supernatural **3.55** Rad Rehabs **4.20** The Goldbergs **4.50** Rules of Engagement

MORE4 SKY 138 FV 14
8.55 Kirstie's Vintage Gems **9.20** Come Dine with Me **11.25** FILM [illegible] (PG) **1.40** Time Team **3.50** Car SOS **4.00** The Supervet **5.00** A Place in the Sun: Winter Sun **7.55** Grand Designs **9.00** Car SOS **10.00** 8 Out of 10 Cats **10.40** 8 Out of 10 Cats Does Countdown **12.55** Ramsay's Kitchen Nightmares USA **12.50** Car SOS **1.00** 8 Out of 10 Cats Does Countdown **2.50** Bodyshockers: Nips, Tucks and Tattoos **3.50** Close

FILM4 SKY 315 FV 15
11.00 The Mouse That Roared (1959) (U) **12.45** Mary, Queen of Scots (1971) (PG) **3.20** River of No Return (1954) (PG) **5.20** The Black Shield of Falworth (1954) (U) **7.10** The Two Faces of January (2014) (12) **9.00** The Wolf of Wall Street (2013) (18) **12.30** Wrong Turn at Tahoe (2009) (18) **2.15** The Man Whose Mind Exploded (2012) (15) **3.55** Close

DAVE SKY 111 FV 12
7.00 Flip Men **7.30** Ice Road Truckers **8.15** American Pickers **9.00** Storage Hunters UK **9.30** Storage Hunters **10.00** American Pickers **12.00** Top Gear **2.00** Room 101 **2.40** Would I Lie to You? **3.20** QI **4.00** Top Gear **6.00** Jay Leno's Garage **7.00** American Pickers **8.00** James May's Cars of the People **9.00** Dave Gorman: Modern Life Is Goodish **10.00** Taskmaster **11.00** Mock the Week **1.00** Dave Gorman: Modern Life Is Goodish **2.00** Gavin & Stacey **2.40** Undercover **4.00** Close

DRAMA SKY 158 FV 20
7.10 The Bill **8.00** Down to Earth **9.00** Bergerac **10.00** All Creatures Great and Small **11.00** The Bill **1.00** As Time Goes By **1.40** Steptoe and Son **2.20** Birds of a Feather **3.00** Down to Earth **4.00** Bergerac **5.00** All Creatures Great and Small **6.00** Steptoe and Son **6.40** Last of the Summer Wine **7.20** As Time Goes By **8.00** Dalziel & Pascoe **10.00** New Tricks **11.20** Birds of a Feather **12.00** The Bill **1.00** Brush Strokes **2.15** Last Tango in Halifax **3.25** Garden Hopping **4.00** Close

SKY1 SKY 106
6.00 Hawaii Five-0 **7.00** UK Border Force **8.00** Monkey Life **9.00** Police Force Australia **10.00** Border Security: Canada's Front Line **11.00** Forever **12.00** NCIS: Los Angeles **1.00** Hawaii Five-0 **3.00** NCIS: Los Angeles **4.00** Modern Family **5.00** The Simpsons **5.30** Futurama **6.30** The Simpsons **8.00** A League of Their Own **9.00** Don't Tell the Bride **10.00** NCIS: Los Angeles **11.00** Ross Kemp: Gangs **12.00** A League of Their Own: Unseen **1.00** The Force: Manchester **2.00** Fire Dept. Rapid Response **3.00** Hawaii Five-0 **4.00** Animal 999 **5.00** Motorway Patrol

SKY ATLANTIC SKY 108
6.00 Fish Town **7.00** Richard E Grant's Hotel Secrets **8.00** The West Wing **10.00** House **11.00** Without a Trace **1.00** Blue Bloods **2.00** [illegible] **3.00** The West Wing **5.00** House **6.00** Without a Trace **8.00** Blue Bloods **10.00** Quarry **11.10** FILM: The Wolfpack (2015) (15) **12.55** Quarry **2.00** The Wire **3.15** Without a Trace **4.05** Fish Town **5.00** Richard E Grant's Hotel Secrets

W SKY 109
6.00 Crisis **7.00** Extreme Makeover: Home Edition **8.00** DIY SOS: The Big Build **9.00** My Dream Home **10.00** TBA **11.00** Tipping Point **1.00** John Torode's Australia **2.00** Wanted Down Under **3.00** Who Do You Think You Are? **4.00** My Dream Home **5.00** DIY SOS: The Big Build **6.00** Tipping Point **7.00** Extreme Makeover: Home Edition **8.00** MasterChef Junior USA **9.00** Jonathan Creek **10.20** Russell Howard's Good News **12.00** Almost Human **3.00** Home Shopping

GOLD SKY 110
7.00 Cheers **8.00** 'Allo 'Allo! **8.40** As Time Goes By **10.00** The Thin Blue Line **10.40** Last of the Summer Wine **12.00** My Family **1.20** Lovejoy **2.35** As Time Goes By **4.00** Last of the Summer Wine **5.20** My Family **6.40** Only Fools and Horses **8.00** We Have Been Watching **9.00** The Royle Family **9.40** Absolutely Fabulous **10.20** Men Behaving Badly **11.00** Only Fools and Horses **12.05** Peep Show **1.15** The Royle Family **1.40** Absolutely Fabulous **2.20** Men Behaving Badly **3.00** I Dream of Jeannie **4.00** Close

SKY SPORTS 1 SKY 401
6.00 Football Gold **7.00** WWE: Experience **8.00** EFL Cup Highlights **8.30** Premier League Legends **9.00** Premier League 100 Club **10.00** Premier League Years **12.00** Time of Our Lives **1.00** EFL Cup Highlights **1.30** Great Sporting Moments **2.00** Premier League Legends **3.00** Sporting Heroes **4.00** EFL Cup Highlights **4.30** Sporting Triumphs **5.00** Sky Sports Boxing Gold **5.30** EFL Cup Highlights **6.00** Premier League World **6.30** Premier League 100 Club **7.00** EFL Cup Highlights **7.30** Live EFL Cup **10.00** Premier League World **10.30** Sky Sports Boxing Gold **11.00** Great Sporting Moments **12.00** EFL Cup Highlights **12.30** Premier League World **1.00** Sky Sports Boxing Gold **1.30** EFL Cup Highlights **2.00** Premier League Years **4.00** Sporting Heroes **5.00** EFL Cup Highlights **5.30** Spanish Football Gold

Thursday January 12th

	BBC1	BBC2	ITV	Channel 4	Channel 5
DAYTIME	**6.00** Breakfast (S) **9.15** Rip Off Britain: Holidays (S) **10.00** Homes Under the Hammer (S) **11.00** Wanted Down Under (S) **11.45** Caught Red Handed (S) **12.15** Bargain Hunt (S)(R) **1.00** BBC News at One; Weather (S) **1.30** BBC Regional News and Weather (S) **1.45** Father Brown (S) **2.30** Impossible (S) **3.15** Escape to the Country (S)(R) **3.45** The Hairy Bikers Comfort Food (S) **4.30** Antiques Road Trip (S) **5.15** Pointless (S) **6.00** BBC News at Six; Weather (S) **6.30** BBC Regional News and Weather (S)	**6.00** Rip Off Britain: Holidays (S)(R) **6.45** Wanted Down Under (S)(R) **7.30** Caught Red Handed (S)(R) **8.00** Sign Zone: Nature's Weirdest Events (S)(R) **9.00** Victoria Derbyshire (S) **11.00** BBC Newsroom Live (S) **12.00** Daily Politics (S) **1.00** Coast (S)(R) **1.10** The Link (S)(R) **1.55** Chefs: Put Your Menu Where Your Mouth Is (S)(R) **2.40** FILM 4 for Texas (1963) (PG) (S) **4.30** A Place to Call Home (S)(R) **5.15** Put Your Money Where Your Mouth Is (S)(R) **6.00** Eggheads (S) **6.30** Great British Railway Journeys (S)	**6.00** Good Morning Britain (S) **8.30** Lorraine (S) **9.25** The Jeremy Kyle Show (S) **10.30** This Morning (S) **12.30** Loose Women (S) **1.30** ITV Lunchtime News; Weather (S) **1.55** ITV Regional News; Weather (S) **2.00** Judge Rinder (S) **3.00** Dickinson's Real Deal (S) **3.59** ITV Regional Weather (S) **4.00** Tipping Point (S) **5.00** The Chase (S) **6.00** ITV Regional News; Weather (S) **6.30** ITV Evening News; Weather (S)	**6.15** 3rd Rock from the Sun (S)(R) **7.05** The King of Queens (S)(R) **7.55** Everybody Loves Raymond (S)(R) **9.00** Frasier (S)(R) **10.00** Ramsay's Kitchen Nightmares USA (S)(R) **11.00** Find It, Fix It, Flog It (S)(R) **12.00** Channel 4 News (S) **12.05** Darts: BDO Lakeside World Professional Championships (S) **6.00** The Simpsons Moe turns his tavern into a gay bar. (S)(R) **6.30** Hollyoaks (S)	**6.00** Milkshake! **9.15** The Wright Stuff **11.15** The Hotel Inspector (S)(R) **12.10** 5 News Lunchtime (S) **12.15** Celebrity Big Brother (S)(R) **1.10** Home and Away (S) **1.45** Neighbours (S) **2.15** NCIS (S)(R) **3.15** FILM A Mother's Fear (2015) (12) Premiere Drama, starring Zoe Lister Jones. (S) **5.00** 5 News at 5 (S) **5.30** Neighbours (S)(R) **6.00** Home and Away (S)(R) **6.30** 5 News Tonight (S)
7	**7.00 The One Show** Topical stories from around the UK. (S) **7.30 EastEnders** Long-held secrets explode for some residents. (S) BBC News; Regional News (S)	**7.00 Rick Stein's Long Weekends** The presenter visits Copenhagen, the home of New Nordic cuisine. (S)(R)	**7.00 Emmerdale** Lawrence decides to confess his guilt. (S) **7.30 Your Pound: What's It Worth? Tonight** The impact of the falling pound. (S)	**7.00 Channel 4 News** (S)	**7.00 Nightmare Tenants, Slum Landlords** A landlord who tried to evict a tenant for withholding rent payments. (S)(R) 5 News Update (S)
8	**8.00 Spy in the Wild** New series. Camouflaged spy cameras go "undercover" in the animal world. (S)	**8.00 The Great Interior Design Challenge** The last quarter-final sees designers transforming two rooms in 1930s art deco flats. (S)	**8.00 Emmerdale** Ronnie fears that Lawrence has had a heart attack. (S) **8.30 The Cruise: Sailing the Mediterranean** New series. (S)	**8.00 The Restoration Man** George Clarke meets Andrew Jones and Michele Gibbons, who are planning to turn an 85ft water tower into a dream home. (S)	**8.00 Bargain-Loving Brits in the Sun** This episode catches up with stars of the first series Wayne and Des. (S) 5 News Update (S)
9	**9.00 Death in Paradise** The Saint Marie Literary Festival is rocked by the death of a young literature student whose body is discovered at the bottom of a cliff. (S)	**9.00 Transgender Kids: Who Knows Best?** (S)	**9.00 Unforgotten** Cassie and Sunny build a picture of their victim by talking to his ex-wife and son before looking back at the original investigation files. (S)	**9.00 Spies** The trainees are tasked to choose the right course of action when there are no clear options in an unfamiliar location, and then think on their feet when the unexpected happens. (S)	**9.00 Celebrity Big Brother** Highlights of another day with the famous residents, revealing who is playing up for the benefit of the cameras. (S)
10	**10.00 BBC News at Ten** (S) **10.30 BBC Regional News and Weather** (S) **10.45 Question Time** Topical debate chaired by David Dimbleby. (S)	**10.00 The Premier League Show** Magazine programme featuring news and highlights. (S) **10.30 Newsnight** (S)	**10.00 ITV News; Weather** (S) **10.30 ITV Regional News; Weather** (S) **10.40 Piers Morgan's Life Stories** Raquel Welch reflects on her life and career. (S)(R)	**10.00 80 Days in Jail** Zac and Isaiah find themselves on the wrong end of a pepper-spray. (S) **10.55 24 Hours in A&E** Cameras follow a woman who is airlifted to St George's. (S)(R)	**10.00 Get Your Tatts Out: Kavos Ink** Tattoo artist Dodos loses patience with a client, and a man tries to impress his girlfriend by having one of his tattoos redesigned. (S)
11	**11.45 This Week** The past seven days in politics. (S)	**11.10 Weather** (S) **11.15 The Last Kingdom** The act of rescuing Mildrith from suspected abduction draws Uhtred into the battle of Cynuit. (S)(R)	**11.40 Tipping Point** Game show hosted by Ben Shephard. (S)(R)		**11.05 Celebrity Big Brother's Bit on the Side** Rylan Clark-Neal presents the CBB companion show. (S)
AFTER 12	**12.30 Weather for the Week Ahead** (S) **12.35** BBC News (S)	**12.15 The Last Kingdom** (S)(R) **1.15** Sign Zone: Terror on the Beach: Why Did It Happen? – Panorama (S)(R) **1.45** Gordon Buchanan: Elephant Family & Me (S)(R) **2.45** The Big Food Rescue (S)(R) **3.30** This Is BBC Two (S)	**12.35** Jackpot247 **3.00** Your Pound: What's It Worth? Tonight (R) **3.25** ITV Nightscreen **5.05** The Jeremy Kyle Show (S)(R)	**12.00** Kinky Britain (S)(R) **1.00** FILM Anari (1959) (PG) An Indian drama starring Raj Kapoor. **3.45** Kirstie's Vintage Gems (S)(R) **4.00** Location, Location, Location (S)(R) **4.55** Location, Location, Location (S)(R) **5.50** Salvage SOS (S)(R)	**12.05** SuperCasino **3.10** Cats Make You Laugh Out Loud 3 (S)(R) **4.00** Now That's Funny! (S)(R) **4.50** Great Scientists (S)(R) **5.10** House Doctor (S)(R) **5.35** House Doctor (S)(R)

DIGITAL

ITV2 SKY 118 FV 6
6.00 Planet's Funniest Animals **6.20** Who's Doing the Dishes? **7.15** The Ellen DeGeneres Show **8.00** Emmerdale **8.30** Coronation Street **9.00** You've Been Framed! Gold **9.35** Psych **10.20** Scorpion **11.20** Who's Doing the Dishes? **12.25** Emmerdale **12.55** Coronation Street **1.30** You've Been Framed! Gold **2.00** The Ellen DeGeneres Show **2.55** The Jeremy Kyle Show **5.00** Judge Rinder **6.00** You've Been Framed! Gold **7.00** You've Been Framed! Gold Full Throttle **8.00** Two and a Half Men **9.00** FILM: White House Down (2013) (12) **10.00** FYI Daily **10.05** FILM: White House Down (2013) (12) **11.40** Family Guy **12.40** American Dad! **1.35** Bordertown **2.25** Teleshopping **5.55** ITV2 Nightscreen

ITV3 SKY 119 FV 10
6.00 Doctor in the House **6.25** Heartbeat **7.25** Where the Heart Is **8.30** The Royal **9.25** Judge Judy **10.00** A Touch of Frost **1.00** Heartbeat **2.05** The Royal **3.05** Where the Heart Is **4.15** Doctor in the House **4.50** You're Only Young Twice **5.20** George and Mildred **5.55** Heartbeat **7.00** Murder, She Wrote **8.00** Heartbeat **9.00** Love and Marriage **10.00** Lewis **12.05** Wycliffe **1.10** The Knock **2.05** ITV3 Nightscreen **2.30** Teleshopping

BBC4 SKY 116 FV 9
7.00 World News Today; Weather **7.30** The Sky at Night **8.00** The Mary Rose: A Timewatch Guide **9.00** Sword, Musket & Machine Gun: Britain's Armed History **10.00** Gunpowder 5/11: The Greatest Terror Plot **11.00** Roger Bannister: Everest on the Track **12.00** The Trains That Time Forgot: Britain's Lost Railway Journeys **1.00** James May: The Reassembler **1.30** Gunpowder 5/11: The Greatest Terror Plot **2.30** Sword, Musket & Machine Gun: Britain's Armed History **3.30** Close

E4 SKY 136 FV 28
6.00 Charmed **7.35** Hollyoaks **8.05** Rules of Engagement **9.00** Baby Daddy **10.00** Brooklyn Nine-Nine **11.00** Charmed **1.00** How I Met Your Mother **2.00** The Big Bang Theory **3.00** Baby Daddy **4.00** How I Met Your Mother **5.00** Brooklyn Nine-Nine **6.00** The Big Bang Theory **7.00** Hollyoaks **7.30** [illegible] **8.00** The Big Bang Theory **9.00** Brooklyn Nine-Nine **10.00** Chewing Gum **10.30** Gogglebox **11.35** The Big Bang Theory **12.35** Tattoo Fixers **1.40** Hollyoaks **2.10** Brooklyn Nine-Nine **2.55** New Girl **3.20** Bad Robots **4.05** The Goldbergs **4.30** Rules of Engagement

MORE4 SKY 138 FV 14
8.55 Kirstie's Vintage Gems **9.30** Come Dine with Me **12.00** FILM: The Black Arrow (1948) (U) **1.40** Time Team **3.50** Car SOS **4.50** The Supervet **6.00** A Place in the Sun: Winter Sun **7.55** Grand Designs **9.00** Great Canal Journeys **10.00** It Was Alright in the 1970s **11.10** 8 Out of 10 Cats Does Countdown **12.10** Ramsay's Kitchen Nightmares USA **1.15** Big Fat Gypsy Weddings **2.10** 8 Out of 10 Cats Does Countdown **3.10** Food Unwrapped **3.40** Close

FILM4 SKY 315 FV 15
11.00 The Bandit of Sherwood Forest (1946) (PG) **12.45** A Ticket to Tomahawk (1950) (U) **2.35** 3:10 to Yuma (1957) (PG) **4.25** Yangtse Incident (1957) (U) **6.10** The Hunger Games (2012) (12) **9.00** The Hunger Games: Catching Fire (2013) (12) **11.45** Taxi Driver (1976) (18) **2.00** Vinyan (2008) (18) **4.00** Close

DAVE SKY 111 FV 12
7.00 Flip Men **7.30** Ice Road Truckers **8.15** American Pickers **9.00** Storage Hunters UK **9.30** Storage Hunters **10.00** American Pickers **12.00** Top Gear **2.00** Room 101 **2.40** Would I Lie to You? **3.20** QI **4.00** Top Gear **6.00** Jay Leno's Garage **7.00** American Pickers **8.00** Celebrity Storage Hunters **9.00** Dave Gorman: Modern Life Is Goodish **10.00** Taskmaster **11.20** Mock the Week **1.00** Dave Gorman: Modern Life Is Goodish **2.00** Gavin & Stacey **2.40** Undercover **4.00** Close

DRAMA SKY 158 FV 20
7.10 The Bill **8.00** The Mrs Bradley Mysteries **9.00** Bergerac **10.00** All Creatures Great and Small **11.00** The Bill **1.00** As Time Goes By **1.40** Steptoe and Son **2.20** Birds of a Feather **3.00** The Mrs Bradley Mysteries **4.00** Bergerac **5.00** All Creatures Great and Small **6.00** Steptoe and Son **6.40** Last of the Summer Wine **7.20** As Time Goes By **8.00** Hetty Wainthropp Investigates **9.20** New Tricks **11.00** Birds of a Feather **12.10** The Bill **1.25** Brush Strokes **2.40** Last Tango in Halifax **4.00** Close

SKY1 SKY 106
6.00 UK Border Force **8.00** Monkey Life **9.00** Police Force Australia **10.00** Border Security: Canada's Front Line **11.00** Forever **12.00** NCIS: Los Angeles **1.00** Hawaii Five-0 **3.00** NCIS: Los Angeles **4.00** Modern Family **5.00** The Simpsons **5.30** Futurama **6.30** The Simpsons **8.00** The Big Spell **9.00** A League of Their Own **10.00** Delicious **11.00** Micky Flanagan's Detour de France **12.00** A League of Their Own: Best Bits **1.00** The Force: Manchester **2.00** Brit Cops: Rapid Response **3.00** Hawaii Five-0 **4.00** Animal 999 **5.00** Motorway Patrol

SKY ATLANTIC SKY 108
6.00 Fish Town **7.00** Richard E Grant's Hotel Secrets **8.00** The West Wing **10.00** House **11.00** Without a Trace **1.00** Blue Bloods **2.00** The Petrol Age **3.00** The West Wing **5.00** House **6.00** Without a Trace **7.00** Blue Bloods **8.00** FILM: The Departed (2006) (18) **11.00** The Newburgh Sting **1.30** The Wire **2.45** Girls **3.20** Blue Bloods **4.15** Fish Town **5.10** Richard E Grant's Hotel Secrets

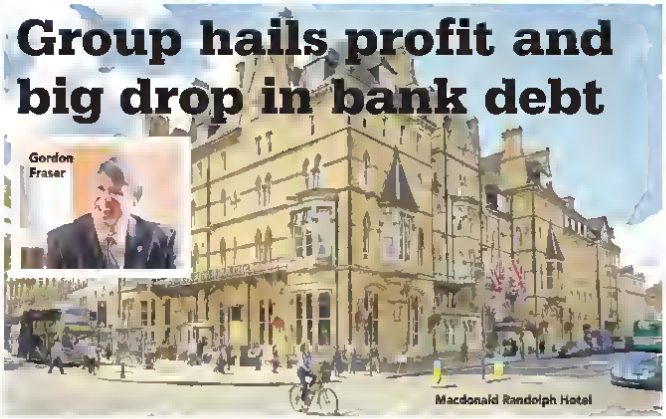
W SKY 109
6.00 [illegible] **7.00** Extreme Makeover: Home Edition **8.00** DIY SOS: The Big Build **9.00** My Dream Home **10.00** TBA **11.00** Tipping Point **1.00** John Torode's Australia **2.00** Wanted Down Under **3.00** Who Do You Think You Are? **4.00** My Dream Home **5.00** DIY SOS: The Big Build **6.00** Tipping Point **7.00** Extreme Makeover: Home Edition **8.00** MasterChef Junior USA **9.00** One Born Every Minute **10.00** EastEnders **10.40** Gavin & Stacey **11.20** The Call Centre **12.20** EastEnders **1.00** Almost Human **2.40** Dynamo: Live at the O2 **3.00** Home Shopping

GOLD SKY 110
7.00 Cheers **8.00** 'Allo 'Allo! **9.00** As Time Goes By **10.00** The Thin Blue Line **10.40** Last of the Summer Wine **12.00** My Family **1.20** Lovejoy **2.30** As Time Goes By **4.00** Last of the Summer Wine **6.20** My Family **7.00** We Have Been Watching **8.00** Open All Hours **8.40** Still Open All Hours **9.20** Mrs Brown's Boys **10.00** Men Behaving Badly **10.40** Peep Show **11.10** Open All Hours **11.50** Still Open All Hours **12.35** Police Squad! **1.10** Men Behaving Badly **2.00** Cheers **3.00** I Dream of Jeannie **4.00** Close

SKY SPORTS 1 SKY 401
6.00 Football Gold **6.45** Football League Gold **7.00** TBA **8.00** EFL Cup Highlights **8.30** Premier League Legends **9.00** Premier League World **9.30** Premier League 100 Club **10.00** Premier League Years **12.00** Time of Our Lives **1.00** EFL Cup Highlights **1.30** Premier League World **2.00** Premier League Legends **3.00** Sporting Heroes: Greg Rutherford Interviews Lynn Davies **4.00** EFL Cup Highlights **4.30** Premier League World **5.00** Sky Sports Boxing Gold **5.30** Darts Gold **6.00** Premier League World **6.30** EFL Cup Highlights **7.00** Premier League Match Pack **7.30** Live EFL **10.15** Premier League Match Pack **10.45** La Liga Show **11.15** More Than a Game **11.45** Premier League World **12.15** La Liga Show **12.45** Premier League Match Pack **1.15** Darts Gold **1.45** Spanish Football Gold **2.00** Premier League Years **5.00** Sporting Heroes **6.00** Premier League 100 Club

Business

Group hails profit and big drop in bank debt



Macdonald Hotels, the UK's largest independent hotel group, achieved a profit of £55m in the last financial year and has reduced its bank debts by over half a billion pounds since 2003.

The profits, following the 128-bedroom refurbishment project at the Macdonald Randolph Hotel in Oxford and the sale of land at the Macdonald Botley Park, Southampton, are supported by a continued strong trading performance.

The group, which has 55 hotels and resorts in the UK, Ireland, Spain and Portugal, published its annual results for the year to March 31 2016, which showed:

- Group turnover up 5% to £163.4m
- Total operating profit up 5% to £47.7m
- Profit after tax up £49.1m to £55.2m
- Bank core debt reduced to £196m.

Announcing the increase in profits and the continuing debt reduction, Gordon Fraser, deputy chairman and managing director, said: "We're in the best shape ever and are quietly excited about the opportunities for further growth in the next few years.

"It's been a tremendous combined effort by the workforce and the management team to put in such a strong, sustained performance while at the same time reducing our debts by half a billion pounds in just 13 years.

"I can't think of many businesses in our sector which could have done that, but it's testament to the drive and hard work of all our people. They should be enormously proud of what they have achieved."

Mr Fraser revealed like for like hotel sales up by 5% and hotel operating profit up by 3% on a strong year last year which was supported by a number of large events. Increases across commercial, golf, spa and leisure segments have resulted in a 1.5% growth in occupancy and a 2.4% increase in average room rate.

During the year, the group invested a further £13m in its properties including the completion of a major refurbishment of the Macdonald Aviemore Highland Resort including 172 bedrooms, public areas and restaurants as well as a major bedroom refurbishment programme at the Macdonald Bath Spa Hotel, Bath.

Profit before interest of £74.9m was £57.5m above last year. In July 2015, the group completed the sale of land at Botley Park Golf Course to three developers, being the main contributor to the gain on sale of assets of £57.2m. The staged payments will further significantly reduce debts.

Commenting on current trading, Mr Fraser said: "Growth in the commercial and conference segments has supported 5% increases in both like for like sales and profits. Although the group has had to restrict its capital investment programme thus year following the repayment of bank debt from cash flow of £18m, we have already invested £4m and have committed a further £3m in capital projects in the current financial year.

"We are in the process of completing the bedroom refurbishment at the Macdonald Holyrood and we are completely remodelling the Macdonald Houstoun House and Macdonald Forest Hills, with the aim of achieving '4 Red Star' rankings at each. We have also invested £0.5m in an online self serve HR system which is a significant part of our overall people strategy."

Commenting on the banking facilities, Mr Fraser said: "Following the sales of the Macdonald Old England, Macdonald Marine and Macdonald Swan's Nest hotels, we have now repaid in full our H Facility. The settlement of our C Facility from the proceeds of the sale of the land at Botley Park leaves only our core A Facility of £193.6m plus £2.5m revolving credit, compared with a gross debt position of over £700m in 2003."

The group's significant non-botel assets will also play a major role in strengthening its finances, revealed Mr Fraser: "We've agreed heads of terms for joint ventures worth more than £50m with a further £40m to follow, which will enable continued investment in our properties, our people and further debt reduction.

"Like other hotel operators, we envisage significant benefits from the Brexit vote, with the weaker pound making Britain an extremely attractive place for overseas visitors and encouraging more UK holidaymakers to opt for 'staycations'."

A tax charge of £6.0m has been recognised this year due to the profits arising from disposals. In total, profit after tax of £55.2m is £40.1m above last year.

New hotel spa offers chance to totally chill out

The Garden Spa at The Old Swan & Minster Mill is a beautiful and tranquil space in the heart of the hotel's beautiful grounds, in which guests can totally relax.

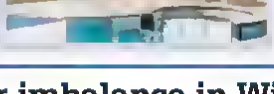
Spa facilities include an indoor plunge pool, poolside rock sauna, aroma steam room, ice fountain and tropical rainforest showers.

The three treatment suites include a dual treatment room, complete with walk-in double shower, ideal for couples or friends, or for those who want to try an alternative treatment experience. There is also a beautiful RASUL mud therapy area which can be a unique treatment in its own right, or complemented with one of the traditional spa therapies on offer.

Treatments on offer to hotel guests and non-residents are by ESPA, known for using only the very purest extracts with each treatment designed to embrace the power of nature to calm, refresh and renew.

The signature treatment at The Garden Spa will be 'The Ultimate Hero', a back, face and scalp treatment which aims to leave guests truly relaxed including a back exfoliation, a back massage (with additional hot stones if desired), a personalised facial and a scalp massage, with or without pink mud. Lasting 85 minutes, The Ultimate Hero costs £110 Friday to Sunday or £100 Monday to Sunday.

For non-residents, various spa day packages are available, including the 'Garden Spa Twilight Retreat' which includes one 30-minute treatment, full use of the spa facilities and a delicious three course dinner in the Old Swan Restaurant, with the kitchen now headed up by new executive chef David Kelman who has recently joined the hotel from Ellenborough Park.



Survey reveals a lack of support for children to learn to play instruments

When Yamaha Music conducted a survey of over 1,000 adults across the UK to discover their views on learning to play a musical instrument, 60% of them said they wanted to.

But sadly the future does not look so rosy for children who want to learn to play an instrument.

Only a generation ago, families made their own music, gathered round the piano, singing Christmas carols or performing a party piece.

Today music is all around. Families have access to music from streaming devices, kids hear music in the car going to school and the music charts are broadcast live on kids' TV.

The findings revealed that despite 85% of those polled agreeing that children benefit from playing an instrument, a staggering 77% believe that there is a shocking lack of encouragement for children to learn to play, despite the best efforts of the UK music industry. Science has shown that students who have music lessons have an improved IQ, better memory and concentration skills.

The joy of learning to play a musical instrument is in danger of becoming a fost art without support from parents and schools. 50% of those polled said that school was traditionally the place to learn to play an instrument.

Yamaha Music's Nigel Hill said: "We are recommending that you throw away apps, games and gizmos and pick up an instrument – it might just be the start of a life-long passion or career."

Bid to reduce the gender imbalance in Wikipedia articles by women

In 15 years, Wikipedia has achieved a lot. It's a top 100 website, has published over 40 million articles and is available in 293 languages. Yet one number the encyclopedia can't seem to improve is the amount of content created about women by women.

As it stands, just 17% of notable profiles on Wikipedia are women, while about one in ten of its editors are female.

Guardian journalist and disability rights activist Penny Pepper isn't surprised. "I believe the gap links to the reality that women are still not used to being confident in pushing themselves forward. I've experienced this myself as a writer. I often have a reluctance the internal critic holding me back," Ms Pepper told SAE.

Her words echo the thoughts of Lucasfilm president Kathleen Kennedy who, ahead of the Star Wars premiere has spoken at length about female heroism in film.

"I find it really interesting, when I first stepped into this job I started looking at, what does it mean to be a female hero?" Ms Kennedy said at a Rogue One press conference. "And when you look at it in this industry, it's pretty shocking."

English novelist and Vogue contributor Elizabeth Freemantle also believes that throughout history many women have had their story sidelined.

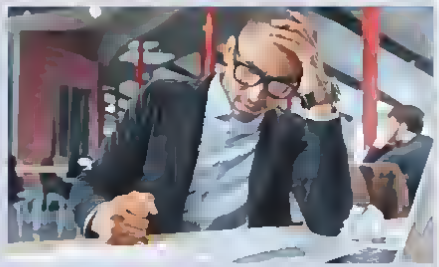
"I feel passionately about women being accorded equal space whether it be online or in the history books," said Ms Freemantle. When asked by SAE why she believes Wikipedia has one of the starkest gender gaps in contemporary culture, she replied there were several reasons.

"One being that historically women's endeavours were not considered important or significant. This is no longer the case but still 90% of Wikipedia editors are male, so it's women themselves who need to change this by making sure that women they admire are given the space they deserve."

To celebrate its long list of female talent and to support female heroism, SAE is encouraging its creative community to continue the BBC's #100WomenWiki campaign and write about women who inspire them, an initiative supported by gender equality activists Elizabeth Freemantle and Penny Pepper. "I support any campaign that raises the profile of women creatives and particularly disabled women creatives," stated Ms Pepper. "Women remain, through discrimination, a huge untapped resource with so much to give. As we strive towards more equality that journey deserves celebrating."

Women are being asked to join the global edit-a-thon and rewrite Wikipedia's gender gap. Let SAE know who you are adding using #100Womenwiki and tagging @SAEInstitute UK.

5 SEO mistakes you might be making



Time and time again The Click Hub sees the same ugly SEO mistakes being made. Could you be guilty of any of the following blunders?

1. Ignoring the meta data

Quite often, people won't write a dedicated meta description and Google will use a snippet of page content related to the search term instead. But your meta data can be crucial in getting you found in the SERPs. But what exactly is meta-data, you ask? Well, you'll be happy to hear it's not as mind-boggling as that totally meta film with Nicolas Cage that I had to sit through as part of my BA English degree. Meta data is, quite simply, data about data. It is so simple, in fact, that it's surprising that skipping this step is one of the most common SEO mistakes we see.

Why do I need it?

Meta data is important for both the user and the search engines. From both an SEO and user's point of view, meta data lets all parties know exactly what you're all about. It's a micro-communication between you and Google, and a chance to grab your user's attention. It's a glimpse through the window of your website, and a way letting them know you're just what they're looking for.

So how do I write one?

Writing your meta description is easy peasy. It just has to be between 50 and 154 characters, concise, captivating and ideally should contain your keyword.

2. Not optimising for the right (if any!) keywords

Now I'm going to assume that most internet-savvy people today know a thing or two about keywords, and perhaps that's why I'm always surprised that the second most common SEO mistake I see is websites not optimising for the right keywords or any keywords at all.

Maybe I'm being unfair and you genuinely don't know how keywords work? Basically, they're like little flags you hold up to search engines to let them know what you're all about. These clear indicators enable them to easily match you to the users who are looking for you.

But I do already know this, you say, so what am I doing wrong?

Yes, a lot of internet users today new knew this, but the problem is that most people think about the words you feel define you. But what you really should be doing is getting into the head of your potential customer and thinking about the words they might use in order to find you. Meanwhile, other people fall into the trap of choosing the wrong keyword because they go for volume and ignore the competition level. Find a search term that is relevant with a good search volume but a much lower level of competition.

To be on top of your keywords you need to be constantly researching, finding what works best and updating as a result. You can use tools like Google AdWords Keyword Planner and Moz Keyword Explorer for this.

Other common keyword mistakes?

Now, you might have a good idea of what you want to be found for, but have you really optimised for it? Have you included the keyword in your main body enough times, without stuffing them in like that bird inside-a-bird roast you made last Sunday? And have you casually slipped it into your meta description, page title, image title and alt tags?

3. Poor content

You've heard it. We've said. Content is king. Surely everyone on the interweb knows this by now? That's why Huffington Post publish something crazy like 1,200 pieces of content per day! But despite this, one of the biggest SEO mistakes we see when we run an SEO audit is crappy content.

Define crappy?

It varies - a lot of the time webpages don't even reach the minimum word count of 350 words, that's recommended by search engines. Other times it is 350 words of dull, unengaging drool with more grammatical errors than keyword occurrences.

In some cases crappy content means duplicate content too, which is a big no-no for SEO. Duplicate content isn't always intentional or an attempt at sneaky trickery, but it's blocks of content within or across domains that either completely matches or is pretty darn similar to other content.

So how do I fix this?

For starters - get your word count up to 350 words. And I don't mean padding it out with useless fluff. Look at it like this: you've been blessed with 350 words so use it. Get those keywords in, tell your story, captivate the user so that they don't bounce/drop-off/die of boredom. If you're having trouble with duplicate content you can check how bad the situation is using Siteliner, and fortunately there are several solutions you can read about here.

4. Missing Alt Tags

While many people recognise that well-chosen images on your website will increase user engagement and strengthen your message, a lot of people will stop there. But what you need to be doing is giving those images good alt attributes. Technically this isn't required, so lots of people overlook this seemingly small aspect but skipping it can mean missing out on a big potential.

What are alt attributes?

Originally alt tags were for the blind and visually impaired, as screen readers read out this descriptive text to them. However these tags have taken on an SEO aspect as they also strengthen the message being sent to search engines and ultimately improve your chances of being found. As scarily intelligent as they are, search bots still haven't developed sight (as far as I'm aware) so they cannot see the images on your website. Instead, they rely on alt tags.

5. Not using analytics to see what converts

Now, this mishap isn't something that gets dagged by an SEO audit but it's one of the biggest SEO mistakes we encounter every day. Less than 30% of small businesses use website analytics, 30%!! Which is pretty crazy because the only way to know if your SEO optimisation is actually working is to track it. If your only tracking tool is typing your business into Google every day to see where you're ranking, all you're doing is messing up the search statistics *face palm*.

There are loads of tools available but we'd recommend starting with the Google Analytics and Google Webmaster tools, and you can find heaps of advice online to help you get to grips with them.

Jigsaw Medical has relocated its head office to Ellesmere Port, near the Cheshire Oaks Shopping Centre from Portal Business Park in Tarporley, which will remain a Jigsaw building for further ventures.

Jigsaw Medical now occupy Units 3 and 4 on The Oaks office park, located at Junction 10 of the M53 with both units comprising a total of over 7,500 square feet of accommodation.

Since its inception in 2012 Jigsaw has grown from CEO Chris Percival owning 1 REV in Oxfordshire to a multi million pound company with several divisions offering a variety of services such as frontline ambulance contracts, major event medical cover, education programmes from first aiders to paramedics and medical cover in hostile and austere environments via its Special Operations team.

With growth and expansion, it became apparent that the head office in Tarporley was fast becoming too small and therefore when the opportunity in Ellesmere Port presented itself, it was too difficult to ignore. With the size of the new Jigsaw House, Jigsaw Medical will be able to provide greater efficiency in how we operate internally and how we serve our clients.

Mr Percival said of the move: "Jigsaw Medical are delighted to have moved our Head Office to Ellesmere Port as it will now enable the company to progress with its exciting business plans for future growth and development. It also gives us the opportunity to provide new amenities for employees and a better service for our customers and clients, all whilst maintaining and furthering our reputation as the market leader in Clinical Services in the UK."

As a result of the move and subsequent expansion various job opportunities have been created and Jigsaw Medical is on the lookout for exceptionally talented individuals to fill them. To find out more you can check out the Recruitment and Careers section of the Jigsaw Medical website.

NEW YEAR, NEW SERVICE

Stagecoach in Oxfordshire

Stagecoach in Oxfordshire launches Woodstock service

Stagecoach this week launched a new bus route serving Old Woodstock, Woodstock, Blenheim Palace, Langford Lane, Kidlington, Oxford Parkway, Summertown and Oxford City Centre.

The new number 7 service came into effect from Tuesday. Buses will run half hourly throughout the day on Mondays to Sundays, with a bus every hour during the evenings until midnight.

The new service will complement the Stagecoach Gold S3 service that will continue to run from Woodstock to Oxford, with just a few minor timetable changes, giving passengers more choice and more links to Oxford Rail Station in the evening.

The number 7 bus will also replace journeys between Oxford City Centre, Langford Lane and Oxford Airport, currently served by the Stagecoach S4 route.

Martin Sutton, Stagecoach in Oxfordshire managing director, said: "We have been working on a number of schemes to introduce new links that aren't currently available. A link between Woodstock, Kidlington, Oxford Parkway, Summertown and Oxford City Centre has been part of our plans for a long time so we're delighted to make this announcement today.

"We continuously strive to offer our customers the best services across the county and we are always looking at ways to improve to ensure our passengers are taken where they need to be comfortably and on time. With that in mind, we will be talking to passengers in the New Year on this new service and asking them if it meets their needs."

Stagecoach also last month introduced new fares between Woodstock and Oxford from December.

The new fares will be available on both the S3 and the new 7 service.

Contactless Wi-Fi and USB charging points are all available on the new number 7 service.

Timetables for Gold S3 and the new number 7 service are available to view here https://www.stagecoachbus.com/timetables.

Pinsent Masons advises Oxford Sciences Innovation on £230m fundraising move

OSI provides capital and scaling expertise to businesses driven by intellectual property developed at the University of Oxford.

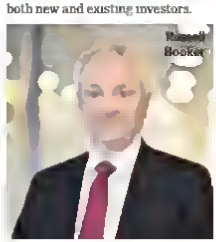
The company's mission is to build on the University's mission as one of the world's leading research institutions and further enhance its track record for developing globally successful businesses.

The capital raised will increase the scale of worldwide innovative ideas from the University of Oxford into world-class companies. OSI's capital base previously stood at £350m, which is boosted to almost £600m with this fresh injection of capital.

The Pinsent Masons team was led by corporate partner Russell Booker assisted by Dan Hickie.

Commenting on the fundraising, Mr Booker said: "It's great to see this fundraising round come to fruition and we're pleased to have been able to use our expertise in this area to assist Oxford Sciences Innovation in taking the next step in its journey to develop a world-renowned commercial ecosystem."

The investment round included both new and existing investors.



Property

Study shows delivery of new-build homes below pre-downturn levels

A NEW report shows that the delivery of new-build homes in the UK in 2015/2016 was 15% below the five-year average that preceded the market downturn of 2006

These figures from Carter Jones emerge despite an ongoing Government directive to deliver 220 000 new homes a year and a pledge by the Chancellor Philip Hammond in his Autumn Statement to unlock £2 3bn to get Britain building.

In addition, the price gap between new and secondhand homes has reached its highest level in 14 years resulting in a current 30% premium.

The UK's acute housing shortage is ostensibly perpetuating the new-build premium across the country In Harlaw Gravesham and Preston, where new-build homes command a 112 1%, 96 7% and 95 5% premium respectively compared to the average secoodhand home By contrast, in areas such as Richmond-upon Thames Oxford and Kensington and Chelsea, new build homes sell for 13.7% 12 5% and 11 6% less than the average local secondhand home, indicating that the markets are delivering relative affordability in new homes.

The price premium is exacerbated by a disparity between the size of homes that are being built and local demand In 2015/2016, 70% of all new homes were built with three bedrooms or more, up from approximately 50% in 2008/2009 leveraging average prices up in the process. At the same time, the lowest number of one and two bedroom apartments were built for 14 years The construction of one-bedroom homes also halved from 12% in 2008/2009 to 6% in 2015/2016, constraining supply still further for first-time buyers, and limiting options for downsizers

Rory O Neill, head of residential division at Carter Jonas said "Unless the Chancellor devotes a taskforce to unlocking the planning system, 2020/21 will be an ambitious target to feasibly tackle – and correct – the reduction in post 2008 construction outputs.

"It could be an astute move to review the successes of Tower Hamlets, Greenwich, Corby and Cambridge, and it goes without saying that some local authorities could take some key learnings from their example."

> *"Unless the Chancellor devotes a taskforce to unlocking the planning system, 2020/21 will be an ambitious target to feasibly tackle – and correct - the reduction in post-2008 construction outputs"*
>
> *Rory O'Neill head of residential division at Carter Jonas*

New prestige family home at Horspath on market for £1.15m

A stunning new prestige family house at Horspath is nearing completion and could be yours for £1.15m.

Located on the edge of the village the four bedroom home will be very efficient with underfloor heating to the ground floor and radiators on the first floor, all powered by an air-source heat pump coupled with high levels of insulation.

The selling agents Wheatley Estates received a couple of offers for the property over the Christmas period, but have yet to reach a sale agreement.

As well as the four bedrooms the house boasts four bath/shower rooms

It also has a staircase and internal doors both constructed out of oak and bi fold doors opening on to a paved area to the rear of the property

For details, contact David Martell at Wheatley Estates 01865 672073 or visit www.wheatleyestates.co.uk.

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Recruitment

To place a recruitment advert contact Tara on 01235 516917 or tara@taylornewspapers.co uk

Top tips offered on recruiting members of staff in New Year

The new year is one of the prime times for recruitment especially towards the end of January as job seekers renew their efforts to find a fresh opportunity

The other time, is, of course, September when many graduates come into the market eager to find employment

Here are some tips for running a successful recruitment campaign for your company:

Talent first Good candidates are valuable and hard to come by in any economic climate So whilst you're planning for the new year, a wise strategy is to make recruiting for talent an ongoing activity This way your company has its finger on the pulse all year round, but perhaps with your major push in the new year Have a clear plan that is carefully thought through and written down in a strategy paper Plan and develop a flow chart with clear objectives and desired results

Hone your job descriptions: A prime requirement is to have not just adequate job descriptions for your campaign, but excellent detailed and well written job descriptions that clearly define your needs the role and the qualities of the people required This enables you to make objective selection decisions rather than having to continually rely on 'gut feelings'

Revisit your media: Evaluate or re-evaluate the way you are reaching the target market audience. Are you going online or through agencies or via traditional routes such as business journals, job/career fairs and radio ads (or a combination therefore)? Either way you still need to make sure you re reaching the people you want efficiently and cost effectively

Make sure you have allowed enough time to purchase your media or implement your campaign. This needs to be done some months before the new year to ensure you are proactive and in control rather than simply being reactive and perhaps disjointed

Timing: Timing is everything but so is taking a look at your competitors activities. Are they recruiting at the same time in a big way? This needn't be a bad thing as your brand may piggy back on their efforts, but it may not be a good thing either You need to make sure you are at least aware of what your rivals are doing and plan accordingly

And finally: A multi-layered recruitment campaign gives you more chance of success, and the ability to evaluate which routes are providing the best results.

As with any campaign, you need to build awareness and good news about your organisation to attract good people The recruitment and hiring of staff is a continual process that does not end with a job interview Having a consistent plan that incorporates staff development will improve your recruitment outcomes.

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To discuss this further please ring Wendy Mead on 01367 718836 or email thegrange@foresthc.com

The positions are subject to Enhanced Disclosure and a POVA check being carried out

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www.1st-homecare.com

1st Homecare

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Motors

Mercedes-Benz Vans on course to set new sales record

Mercedes-Benz Vans set a new record for unit sales in 2016

From January to November, the business division delivered more vehicles to customers than in the whole of the record-breaking year 2015

To the end of November Mercedes-Benz Vans increased its unit sales by about 13 per cent against the same period of the previous year to about 324,000 vehicles a total of almost 3 000 units

The strongest drivers of sales were the current models of the mid-size segment the Vito van and the V Class MPV – which together with the Citan urban delivery van, have already recorded the most successful year in their history

The growing share of privately used models of the Vito Tourer and the Citan has had a positive impact on the unit sales figures. Sales of the large Sprinter van have continued at the record level of 2015

The final figures for the whole of 2016 will be announced at the annual press conference of Daimler AG on February 2

Volker Mornhinweg, head of Mercedes Benz Vans said, "The fact that we have set a new full-year record already in November is a great achievement on the part of our global team. With our growth strategy Mercedes-Benz Vans goes global and a convincing product portfolio, we have clearly extended our leading position in the market this year

"Alongside strong growth in the private segment, key contributions have been also made by a steadily growing number of volume and fleet orders from around the globe."

Most successful year for the current mid-size models Vito and V-Class

Škoda gives robust Octavia Scout all-rounder a boost with new technology and equipment

The comprehensive revision of the Skoda Octavia family continues

Now after the hatchback, estate and the fastest model variant – the Skoda Octavia vRS – comes the most versatile member of the family with various innovations in technology and equipment.

The upgraded Skoda Octavia Scout has been launched with two engine variants and state-of-the-art all wheel-drive technology with electronically controlled hydraulic multi plate clutch

With a ground clearance that has been increased by 31 mm in comparison to the Skoda Octavia estate the compact five door also masters rough terrain. Beyond that, it impresses with good climbing capability a high towing capacity and numerous Simply Clever features from Skoda

The robust all-rounder impresses with a distinctive off-road look, innovative all-wheel drive, the best driving characteristics and increased versatility both on and off the road.

The reworked model has the same front as the newest generation of Skoda Octavias. It features a more prominent bonnet with wide radiator grille and additional headlights.

It is available with two different four-cylinder engine variants 2 0 TDI 110 kW (150 PS) top speed 129 mph, 0– 62 mph in 9 1 seconds combined consumption 56 5 mpg CO2 130 g/km and the 2 0 TDI 135 kW (184 PS) top speed 136 mph, 0 –62 mph in 7 8 seconds combined consumption 55 4 mpg, CO2 133 g/km.

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2012	Jaguar	XF	11 Sport Le	Sed	A	36K	Black	£16,995	2015	Ford	C-Max	Zetec	Mpv	6i	20K	Silver	£9,990	2015	Vauxhall	Corsa	Exclusive	Hbk	6i	1k	Silver	£7,495
2013	Bmw	3 Series	320D Xdrivesportline Business Touring	Est	A	44K	Blue	£15,287	2013	Audi	A1	Sportback Tdi Sport	Hbk	6i	49K	Silver	£9,999	2013	Vauxhall	Astra	Energy	Hbk	6i	17k	Silver	£7,499
2011	Audi	A6	2 0 Tdi Quattro Se	Sa	A	99K	Silver	£14,999	2014	Nissan	Juke	Volvo	Hbk	6i	41K	Silver	£9,987	2011	Ford	Mondeo	Zetec	Hbk	6i	29k	Silver	£7,499
2013	Volvo	V70	D5 Se Lux	Est	S/A	57k	Bronze	£14,488	2015	Ford	Focus	Zetec	Hbk	6i	21k	Silver	£12,947	2015	Citroen	C3	Puretech 82 Plus	Hbk	6i	2K	Grey	£6,995
2014	Nissan	Qashqai	Acenta Premium Dig-T	Hbk	M	12k	Grey	£14,389	2016	Hyundai	I10	Gdi Premium Se	Hbk	6i	10K	Silver	£8,748	2014	VW	Caddy	C20 Tdi Startline	Van	6i	44K	Silver	£6,798
2015	Mini	Hatch	Cooper D	Hbk	M	28K	Blue	£13,250	2011	Audi	A1	Tfsi Sport	Hbk	6i	38K	Blue	£9,448	2013	Peugeot	208	Access Plus	Hbk	6i	25k	White	£6,290
2015	Vauxhall	Insignia	Sri Nav Vx-Line Cdti Ecoflex S/S	Est	M	27K	White	£13,289	2011	VW	Eos	Se Tsi	Conv	6i	35k	Silver	£9,398	2012	Peugeot	308	Hdi Active	Hbk	6i	30K	Silver	£6,287
2015	Vauxhall	Insignia	Sri Nav Vx-Line Cdti	Hbk	A	33k	Grey	£12,987	2012	VW	Vento	Bluemotion Tdi	Est	6i	53K	Grey	£8,789	2012	Fiat	500	Lounge	Hbk	6i	16K	White	£5,995
2011	Audi	T1	1 4tfsi Quattro Sport	Coupe	M	38k	Silver	£12,990	2014	Ford	Fiesta	Titanium	Hbk	6i	8k	White	£8,789	2013	Vauxhall	Combo	2000 L1h1 Cdti	Van	6i	44K	Silver	£5,998
2014	Ford	Focus	Zetec Nav	Hbk	M	9k	Blue	£11,749	2013	Vauxhall	Insignia	Exclusive Nav Cdti Ecoflex S/S	Est	6i	54K	Silver	£8,389	2012	Skoda	Fabia	Monte Carlo Tsi	Hbk	6i	30K	Red	£5,589
2014	Volvo	S60	D5 Premiere Edition	Sa	M	38k	Blue	£11,789	2011	VW	Golf	Match Tdi Bmt	Hbk	A	31K	Blue	£8,389	2014	Nissan	Micra	Visia	Hbk	6i	17K	Silver	£5,298
2013	Volvo	V40	D2 Se	Hbk	M	22K	Silver	£11,799	2011	VW	Golf	Match Tdi	Hbk	6i	44K	Silver	£8,275	2011	Alfa	Mito	8V Progression	Hbk	6i	49K	Silver	£4,398
2013	Skoda	6	6 Se	Est	M	31K	Grey	£11,250	2014	Ford	Fiesta	Ecoboost Titanium 100 Bhp	Hbk	6i	30k	Grey	£8,147	2013	Fiat	Panda	Easy	Hbk	6i	54K	Grey	£4,178
2015	Toyota	Avensis	Valvematic Icon Business Edition	Est	M	27k	White	£11 499	2015	Ford	Fiesta	Zetec	Hbk	6i	11K	Yellow	£7,989	2013	VW	Up	Take Up	Hbk	6i	47k	Red	£3,998
2012	Audi	A3	1 4tfsi Sport	Hbk	M	38K	Silver	£12,488	2012	Mini	Hatch	Cooper	Hbk	6i	39K	Red	£7,967	2009	Saab	9-3	Dr Vector Sport	Sa	6i	85K	Silver	£3,498
2013	Skoda	6	6 Se-L Bhv	Sa	M	44K	Red	£10,450	2014	Ford	Fiesta	Ecoboost Titanium 100 Bhp	Hbk	6i	30k	Blue	£7,989	2011	Nissan	Pixo	N-Tec	Hbk	6i	29k	Grey	£5,298
2014	Skoda	Octavia	Elegance Tdi Cr	Hbk	M	48k	Red	£10,249	2014	Nissan	Note	Acenta Premium	Mpv	6i	16K	Red	£7,589												

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2012	Mercedes	CLS-Class	CLS350 CDI BlueEfficiency	4dr	A	57k	Alu/Sil	£26,990
2014	BMW	3 Series	320d Edition M Sport Pro Nav	Sa	A	40k	Grey	£22,990
2012	Audi	A8	TDI Quattro SE Executive	Sa	A	40k	Black	£18,695
2013	BMW	3 Series	320d EfficientDynamics Bus Touring	Est	A	13k	Grey	£17,990
2012	Mercedes	E-Class	E220 CDI BlueEfficiency Sport	Cpe	A	30k	Alu/Sil	£16,490
2011	BMW	5 Series	520d M Sport Touring	Est	A	74k	Blue	£16,450
2015	Kia	Optima	CRDi 3	Sa	A	13k	White	£15,995
2014	Mazda	6	Sport Nav	Sa	A	27k	Blue	£14,995
2013	Ford	S-Max	Titanium TDCi	Mpv	M	31k	Black	£14,990
2013	Audi	A4	Avant TDI SE Technik	Est	M	35k	Alu/Sil	£14,450
2013	Mazda	CX-5	Sport Nav	Est	M	41k	Blue	£13,995
2013	Kia	Sportage	CRDi 3 Sat Nav	Est	M	43k	Alu/Sil	£13,995
2014	Vauxhall	Cascada	Elite CDTi S/S	Conv	M	20k	Red	£13,450
2014	BMW	1 Series	116d EfficientDynamics Bus Nav	Hbk	M	20k	Black	£13,579
2013	Mazda	6	Sport	Est	M	51k	Blue	£12,995
2012	BMW	3 Series	320d EfficientDynamics	Sa	M	74k	Grey	£12,690
2014	Audi	A1	TDI Sport	Hbk	M	13k	Blue	£12,450
2013	Audi	A3	TDI SE	Hbk	M	13k	White	£12,450
2014	VW	Golf	Match TDI BlueMotion Technology	Hbk	M	20k	Sil	£12,450
2013	Lexus	CT	200h Luxury	Hbk	A	40k	Alu/Sil	£12,395
2014	Audi	A1	Sportback TDI Sport	Hbk	M	27k	Blue	£12,450
2013	Ford	C-Max	Titanium X	Mpv	M	27k	Blue	£11,995
2013	VW	Golf	S SE	Conv	M	25k	Alu/Sil	£11,995
2012	VW	Tiguan	SE TDI BlueMotion Technology 4M	4x4	M	57k	Blue	£11,995
2012	Audi	A3	TDI	Conv	M	27k	Black	£11,895
2013	Skoda	Octavia	Elegance TDI Cr Dsg	Est	A	43k	Black	£11,995
2013	BMW	1 Series	118d SE	Hbk	M	20k	Black	£11,695
2011	Audi	A1	TDI S Line	Hbk	M	31k	White	£11,690
2009	Audi	TT	TDI Quattro	Cpe	M	30k	Red	£11,450
2011	VW	Scirocco	GT TDI 170	Cpe	M	44k	Blue	£11,250
2012	VW	Passat	SE TDI BlueMotion Technology	Est	M	20k	Grey	£11,295
2012	Ford	Mondeo	Titanium X TDCi	Est	M	30k	Blue	£11,250
2013	Ford	Mondeo	Titanium X Business Edition TDCi	Hbk	M	46k	Sil	£11,250
2013	VW	Golf	SE TDI BlueMotion Technology	Hbk	M	27k	White	£11,850
2013	Volvo	V40	D2 R-Design	Hbk	M	57k	Black	£10,995
2015	Hyundai	i30	CRDi SE Blue Drive	Est	M	3k	Sil	£10,995
2014	Vauxhall	Meriva	Tech Line S/S	Hbk	M	13k	Grey	£10,995
2012	Skoda	Fabia	Elegance Tsi	Hbk	M	13k	Black	£10,990
2013	Toyota	Auris	Excel Vvt-I	Hbk	A	20k	White	£10,990
2013	Honda	Civic	I-Dtec ES	Hbk	M	24k	Grey	£10,990
2015	Ford	Focus	Zetec	Hbk	M	13k	Alu/Sil	£10,990
2011	Kia	Sportage	CRDi 2	Est	M	40k	Brown	£10,890
2012	Ford	S-Max	Zetec TDCi S/S	Mpv	M	40k	Alu/Sil	£10,850
2012	VW	Passat	Sport TDI BlueMotion Technology Dsg	Est	A	80k	Black	£10,690
2012	VW	CC	TDI BlueMotion Technology	Cpe	M	59k	Blue	£10,650
2014	Mini	Hatch	Cooper Chili	Hbk	M	13k	Red	£10,550
2012	Mini	Clubman	Cooper SD	Est	M	67k	Red	£10,450
2012	Mini	Countryman	Cooper	Hbk	M	27k	Red	£10,450
2014	VW	Golf	S SE BlueMotion Technology	Hbk	M	31k	Blue	£10,350
2009	Audi	TT	TDI Quattro	Conv	M	40k	Grey	£10,390

2012	Audi	A3	TDI Sport	Hbk	M	40k	Blue	£10,450
2007	BMW	6 Series	630i Sport	Cpe	A	77k	Blue	£9,995
2010	BMW	1 Series	118d M Sport	Conv	M	47k	Blue	£9,995
2011	Audi	A5	TDI Sport	Conv	M	61k	Grey	£9,990
2014	Ford	Focus	Zetec	Hbk	M	20k	Alu/Sil	£9,995
2013	Kia	Carens	2 Ecodynamics CRDi	Mpv	M	53k	Alu/Sil	£9,690
2012	BMW	1 Series	118d SE	Hbk	M	74k	White	£9,600
2011	Nissan	Qashqai	N-Tec Dci	Hbk	M	44k	Grey	£9,560
2014	Seat	Leon	SE Technology	Hbk	M	20k	White	£9,490
2015	Hyundai	i30	SE Blue Drive	Hbk	M	17k	White	£9,360
2013	Hyundai	i30	CRDi Style Nav Blue Drive	Est	M	43k	Blue	£9,290
2012	Renault	Scenic	Grand Dynamique TT Energy Dci	Mpv	M	40k	Bronze	£8,995
2015	Vauxhall	Astra	SRi	Hbk	M	17k	Black	£8,995
2013	VW	Golf	S TDI BlueMotion Technology	Hbk	M	20k	Black	£8,950
2013	Ford	Focus	Titanium X TDCi	Est	M	40k	White	£8,950
2013	Ford	Focus	Zetec ECOnetic TDCi	Est	M	30k	Grey	£8,670
2013	Toyota	Auris	Sport Valvematic	Hbk	M	34k	Black	£8,575
2012	Nissan	Juke	Acenta	Hbk	M	20k	White	£8,450
2012	VW	Passat	SE TDI BlueMotion Technology	Est	M	70k	Red	£8,490
2012	Audi	A3	TDI Sport	Hbk	M	71k	Black	£8,450
2014	Vauxhall	Astra	Excite	Hbk	M	11k	Black	£8,250
2015	Nissan	Note	Acenta Premium	Mpv	M	19k	White	£8,380
2013	Mini	Hatch	One	Hbk	M	14k	Blue	£8,350
2012	VW	Golf	GT TDI BlueMotion Technology	Hbk	M	40k	Grey	£8,250
2015	Vauxhall	Corsa	SE Ecoflex	Hbk	M	14k	Alu/Sil	£8,200
2011	VW	Golf	Match TDI BlueMotion Technology	Hbk	A	67k	Red	£7,995
2012	Citroen	DS4	DStyle	Hbk	M	20k	White	£7,995
2012	Hyundai	i40	CRDi Style Blue Drive	Sa	M	30k	Red	£7,995
2013	VW	Golf	SE TDI BlueMotion Technology	Hbk	M	101k	Blue	£7,995
2014	Honda	Jazz	I-Vtec ES Plus	Hbk	M	31k	Grey	£7,990
2013	Ford	Focus	Zetec + Appearance Pack	Hbk	M	20k	Alu/Sil	£7,990
2010	VW	Golf	SE Tsi	Hbk	M	31k	Alu/Sil	£7,990
2011	Skoda	Superb	Elegance TDI	Est	M	70k	Black	£7,990
2014	Nissan	Note	Acenta	Mpv	M	79k	Black	£7,925
2014	Nissan	Note	Acenta	Mpv	M	27k	Red	£7,990
2014	Ford	Fiesta	Zetec	Hbk	M	30k	Blue	£7,990
2012	Vauxhall	Insignia	SRi CDTi	Hbk	M	53k	Black	£7,950
2014	Vauxhall	Astra	Excite	Hbk	M	21k	Red	£7,740
2011	Mini	Hatch	One Pimlico	Hbk	M	20k	Blue	£7,690
2012	Peugeot	208	Active	Hbk	M	20k	White	£7,690
2010	VW	Golf	Match TDI	Hbk	M	43k	Blue	£7,490
2011	Ford	C-Max	Zetec TDCi	Mpv	M	46k	Alu/Sil	£7,490
2014	Kia	Picanto	4	Hbk	M	13k	Black	£7,450
2013	Hyundai	ix20	Active	Mpv	M	20k	Blue	£7,290
2013	Renault	Megane	Dynamique Tomtom Dci Edc	Est	A	40k	Black	£6,995
2012	Vauxhall	Meriva	SE	Mpv	M	15k	Blue	£6,995
2013	Vauxhall	Astra	Exclusiv CDTi Ecoflex S/S	Est	M	20k	Blue	£6,995
2014	Skoda	Fabia	Elegance Tsi	Hbk	M	30k	Alu/Sil	£6,875
2010	Peugeot	207	CC Sport HDi	Conv	M	20k	Sil	£6,875
2014	Peugeot	208	Active	Hbk	M	13k	Alu/Sil	£6,850

2010	VW	Golf	Sportline TDI Bluemotion	Est	M	76k	Red	£6,750
2012	Citroen	C5	E-Hdi Exclusive Airdream	Hbk	M	24k	Black	£6,500
2013	Skoda	Roomster	SE Tsi	Mpv	M	20k	Blue	£6,560
2009	Nissan	Qashqai	Tekna	Hbk	M	57k	Grey	£6,550
2014	Ford	Fiesta	Zetec	Hbk	M	53k	Blue	£6,495
2011	Citroen	C4	Picasso Exclusive HDi	Mpv	M	39k	Alu/Sil	£6,460
2013	Nissan	Note	N-Tec Plus Dci	Mpv	M	40k	Black	£6,400
2010	Skoda	Octavia	Elegance TDI Cr	Hbk	M	70k	Grey	£6,450
2010	VW	Polo	SE	Hbk	M	20k	Alu/Sil	£6,450
2013	Ford	Fiesta	Titanium ECOnetic TDCi	Hbk	M	40k	Alu/Sil	£6,450
2014	Fiat	Panda	Easy	Hbk	M	13k	Blue	£6,350
2011	Skoda	Fabia	Scout TDI Cr	Est	M	62k	Alu/Sil	£6,350
2009	Mini	Hatch	Cooper D	Hbk	M	44k	Alu/Sil	£6,250
2013	VW	Up	High Up	Hbk	M	20k	Blue	£6,250
2010	Audi	A3	TDI Sport	Hbk	M	112k	Black	£6,250
2013	Vauxhall	Corsa	Energy Ac CDTi Ecoflex	Hbk	M	20k	White	£6,095
2013	Vauxhall	Corsa	Limited Edition	Hbk	M	20k	Yellow	£5,995
2014	Vauxhall	Corsa	SXi Ac	Hbk	M	20k	Black	£5,995
2007	BMW	1 Series	120d SE	Hbk	M	40k	Blue	£5,995
2012	Fiat	500	Lounge	Hbk	M	21k	White	£5,995
2010	Ford	Fiesta	Zetec TDCi	Hbk	M	20k	Red	£5,995
2012	Ford	Focus	Zetec TDCi	Est	M	40k	Grey	£5,990
2012	Ford	Mondeo	Edge TDCi	Est	M	120k	Alu/Sil	£5,990
2012	VW	Up	High Up	Hbk	M	20k	White	£5,850
2010	Toyota	Auris	SR Valvematic	Hbk	M	20k	Alu/Sil	£5,850
2013	Vauxhall	Corsa	Exclusiv Ac	Hbk	M	31k	Sil	£5,650
2014	Seat	Mii	Toca	Hbk	M	11k	Alu/Sil	£5,640
2013	Skoda	Citigo	Elegance Greentech	Hbk	M	31k	Sil	£5,590
2011	Ford	Fiesta	Zetec TDCi	Hbk	M	53k	Sil	£5,490
2010	Ford	Fiesta	Titanium	Hbk	M	57k	Black	£5,450
2013	VW	Up	Move Up Bluemotion Technology	Hbk	M	29k	Black	£5,295
2013	Vauxhall	Corsa	Energy Ac	Hbk	M	59k	Black	£5,250
2006	Toyota	Rav-4	Xt4 Vvt-I	4x4	M	61k	Blue	£5,250
2012	Renault	Clio	Dynamique Tomtom 16V	Hbk	M	20k	Red	£5,250
2011	Mazda	2	Tamura	Hbk	M	52k	Maroon	£5,150
2010	Ford	Fiesta	Edge	Hbk	M	41k	Green	£4,995
2013	Fiat	500	Colour Therapy	Hbk	M	20k	Beige	£4,995
2011	Renault	Megane	Dynamique Tomtom Dci Fap	Hbk	M	63k	Beige	£4,850
2012	Vauxhall	Corsa	Active Ac CDTi Ecoflex	Hbk	M	53k	Red	£4,950
2012	Renault	Clio	Expression Plus Dci	Hbk	M	40k	Alu/Sil	£4,750
2013	Fiat	Panda	Easy	Hbk	M	20k	Red	£4,525
2010	Hyundai	i20	Comfort CRDi	Hbk	M	5k	Blue	£4,490
2011	Renault	Megane	Dynamique Tomtom Vvt	Cpe	M	41k	Alu/Sil	£4,450
2011	Vauxhall	Corsa	Exclusiv A/C	Hbk	M	62k	Grey	£4,295
2011	Renault	Clio	Dynamique Tomtom 16V	Hbk	M	56k	Black	£4,250
2007	Toyota	Yaris	SR	Hbk	M	30k	Black	£4,250
2013	Chevrolet	Spark	LS	Hbk	M	43k	Alu/Sil	£4,200
2011	Vauxhall	Agila	S Ac	Hbk	M	39k	Grey	£3,995
2001	VW	Polo	Match	Hbk	M	63k	Grey	£3,095
2009	Vauxhall	Meriva	CDTi 16V Tempest	Mpv	Man	20k	Black	£2,990

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Fuel consumption figures for Honda range in mpg (l/100km): Urban 28.0 (10.1) to 72.4 (3.9), Extra Urban 43.5 (6.5) to 83.1 (3.4), Combined 36.7 (7.7) to 78.5 (3.6). CO_2 emissions. 179g/km to 94g/km. Fuel consumption figures sourced from official EU-regulated laboratory test results, are provided for comparison purposes and may not reflect real-life driving experience.

Models Shown, Jazz EX 1.3 i-VTEC Manual in Sunset Orange at £16,145 On The Road (OTR). CR-V Black Edition 2.0 i-VTEC 4WD Manual in Crystal Black Pearl at £30,000 On The Road (OTR) including £500 customer saving applied to the original OTR price of £30,500. Civic SR 1.8 i-VTEC Manual in Passion Red Pearl at £22,860 On The Road (OTR) including £1,000 customer saving applied to the original OTR price of £23,860. Terms and Conditions: Ordered from 01 December 2016 to 31 January 2017 and registered by 31 January 2017. Subject to model and colour availability. Offers applicable at participating dealers and are at the promoter's absolute discretion. Not to be used along with any other offers currently available. Honda Deposit contribution. £500 Honda deposit contribution on Civic petrol models purchased through Honda Aspirations. *0% APR representative Honda Aspirations (PCP): Maximum customer deposit 30%. You do not have to pay the Final Payment if you return the car at the end of the agreement and you have paid all other amounts due, the vehicle is in good condition and has been serviced in accordance with the Honda service book and the maximum annual mileage has not been exceeded. Excess mileage charge includes VAT at current rate. Indemnities may be required in certain circumstances. Finance is only available to persons aged 18 or over, subject to status. All figures are correct at time of publication but may be subject to change. Johnsons Cars Limited are credit brokers, not lenders. Credit provided by Honda Finance Europe Plc. Cain Road, Bracknell, Berkshire RG12 1HL. Honda Finance Europe Plc. is authorised and regulated by the Financial Conduct Authority. Financial Services Register number 312541. Johnsons Cars Ltd (Firm Reference Number: 512450) are an Appointed Representative of ITC Compliance Ltd and are authorised & regulated by the Financial Conduct Authority (their registration number is 313485) and are permitted to advise on and arrange General Insurance contracts. Registered Name: Johnsons Cars Ltd, Registered Office: Johnsons Cars Ltd, EmpireCourt, Albert Street, Rednitch, Worcestershire B97 4DA Registration No. 3716756 VAT Registration No. GB927581606.

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REG	MODEL	PRICE
15/15	Volvo V40 T2 SE 1.6, Black Sapphire with 24,000 miles	£13,990
65/15	Volvo V40 T3 R Design Nav (Xenium Pack, Winter Pack) 2.0 Osmium Grey with 3,100 miles	£19,490
66/16	Volvo V40 T2 Momentum Nav Plus 1.5 Automatic, Bright Silver with 401 miles	£19,990
65/15	Volvo V40 T5 AWD Lux 2.0 Automatic, Power Blue with 5,900 miles	£27,990
66/16	Volvo XC90 T8 Inscription (Xenium Pack) 2.0 Automatic Savile Grey with 7,500 miles	£68,990

DIESEL

REG	MODEL	PRICE
11/11	Volvo C30 Drive SE Lux Start/Stop 1.6, Caspian Blue with 48,000 miles	£8,990
62/12	Volvo V40 SE D2 (Winter Pack) 1.6, Titanium Grey Pearl with 32,500 miles	£10,990
15/13	Volvo V40 D3 SE Lux Nav (Winter Pack, Park Assist) 2.0, Ice White with 57,900 miles	£11,990
14/14	Volvo V40 D2 SE 1.6, Electric Blue with 31,932 miles	£13,490
15/15	Volvo V40 D2 R-Design 1.6, Ice White with 11,000 miles	£14,490
11/11	Volvo XC60 D5 SE 2.4 Automatic, Savile Grey Metallic with 38,100 miles	£15,990
65/15	Volvo V40 D2 SE Lux Nav (Winter Pack, Park Assist) 2.0, Bright Silver with 4,200 miles	£15,990
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VAUXHALL

Local derby rivals forced to settle for point in new year clash

THE points were shared on derby day as North Leigh and Didcot Town could not be separated on Bank Holiday Monday

Hosts North Leigh fell behind within five minutes before heading into the break ahead in a hectic first half between the Evo-Stik League Southern Division 1 South & West rivals

But Diddy scored shortly after the hour to rescue a point in a match where both mid-table sides needed maximum points

The Railwaymen took the lead on four minutes when Louis Joyce tapped in from close range.

The visitors continued to press forward and the hosts had goalkeeper Manny Agboola to thank for keeping them in the game as he produced a great stop to deny James Organ.

With Didcot unable to add to their tally, they found themselves pegged back and, unable to clear their lines from a corner Leigh midfielder Lance Williams bundled the ball into the net to give North Leigh an equaliser against the run of play on 25 minutes

The Millers took the lead seven minutes later when a controversially awarded free kick was converted by Jamie Cook from eight yards

Diddy regrouped in the second half and looked to push forward in search of an equalising goal but Leigh were a constant threat on the break.

Agboola continued his fine form in the Millers goal by denying Declan Benjamin and Callum McNish.

But Town got their rewards as Sam Elkins struck a free kick in off the post on 67 minutes

Both sides could have easily scored a winner late on, but they had to settle for a share of the points

• Also over the Christmas period, Didcot overcame other local rivals Wantage Town 3-1 on Boxing Day

The Freds are now bottom of the table

After falling behind to a 19th-minute Mark Francis strike, Diddy fired back in the second half through Joyce Nick Thorne and a Ben Whitehead penalty to secure the points.

North Leigh are now winless in six matches in all competitions after they also drew 3-3 at Swindon Supermarine on Boxing Day

Despite first half goals from George Seacole and Bradley Gray Leigh trailed 3-2 at the break and only scraped a point when Roger James headed in an injury-time equaliser

Didcot host second placed Tiverton Town while North Leigh travel to fourth-placed Salisbury on Saturday

City's caretaker boss celebrates the festive period with three victories

Georga Welch

OXFORD City's caretaker boss Mark Jones enjoyed his Christmas as the Hoops made it three wins out of three under his stewardship

After winning his first game in charge 1-0 at home to Eastbourne on December 17 City beat high-flying St Albans on Boxing Day and New Year's Day to maintain Jones's 100 per cent record.

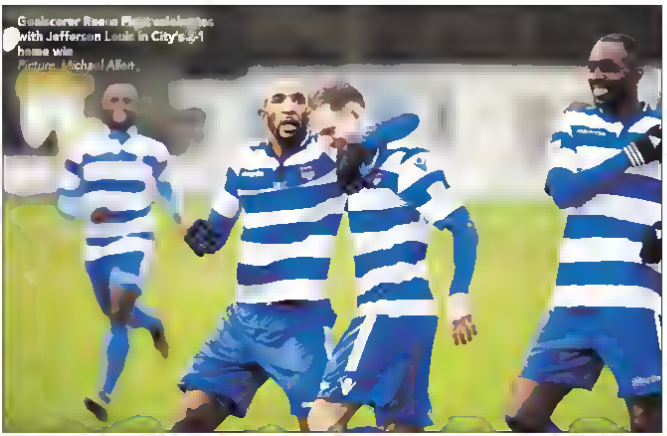
The Hoops won a Christmas cracker 4-2 at second placed St Albans in Jones's first away match, before completing the double over the Hertfordshire side 2-1 at Court Place Farm to make it a winning start to 2017

In the Boxing Day fixture at Clarence Park, City raced into a shock 3-0 lead by 25 minutes through strikes from James Roberts, Jefferson Louis and Reece Fleet.

But the visitors nearly sacrificed their lead when the vastly experienced 41-year-old forward Jamie Cureton—whose career boasts more than 800 games and 300 goals—fired twice to make it 3-2 at half time.

But the points were to come back to Oxfordshire when Louis – a veteran striker himself at 37 and 26 clubs to his name – curled the half nonchalantly inside the near post on 87 minutes.

Less than a week later and the Hoops were celebrating another



Goalscorer Reece Fleet celebrates with Jefferson Louis in City's 2-1 home win

Picture: Michael Allen

win against the promotion-chasing Saints this time at Court Place Farm.

Jones's side took another early lead when Fleet bagged his second in as many games from a partial clearance.

Cureton again rolled back the years to equalise seven minutes into the second half when he finished well past the advancing Ty Belford.

The visitors elation was relatively short-lived however as, six minutes later a low cross from Louis deflected to Stephane Ngamvoulou for an easy finish and the three points.

The Hoops sit in 13th place in the National League South, 12 points off the play-offs and eight above the relegation zone.

Jones, who takes his side to 16th place Truro City on Saturday said after the win. "It was tricky conditions out there today and I thought the players coped very well.

"There is no doubt it was a great three points for us today and a good achievement to beat St Albans twice over the Christmas period."

Pepperell voices concerns over proposal for golfing world tour

ABINGDON golfer Eddie Pepperell has voiced his concerns over talk of radically overhauling the golfing world by creating a single World Tour

A new World Tour would create a new body above the PGA, European and Challenge tours that would see all players visit all corners of the globe governed by a body similar to the ATP World Tour in tennis

The Frilford Heath club member wrote on his blog that he is "yet to be persuaded" that a golfing World Tour would be beneficial for the game as a whole.

Supporters of a World Tour such as Gary Player and Pepperell's manager argue that commercially it makes sense to condense the golfing world into a smaller more attractive sphere of talent, where every time golf is shown on television, it has a bigger impact due to the golfers on show

The 25-year-old said "I can see the argument—let's put on bigger and better events take the world's best golfers to all corners of the globe and try do a show like nobody has seen in golf before"

Despite accepting the potential benefits of a broader tour the Abingdon man believes a World Tour would fail to benefit the game as a whole and points to the earning potential of professional golfers to demonstrate his argument.

He said. "The wonderful thing about golf as it is currently is that you can have a player ranked 200 in the world, and still earn a very good living. If you contrast this with tennis and the ATP Tour it's incomparable

"A player ranked 200 in the world of tennis is unlikely to earn anywhere near the amount of money a golfer would. I see this as a huge plus for golf."

Eddie Pepperell apposes the idea of a golfing world tour

Irish international re-signs for Oxford

Clark McAllister in action for Oxford

Picture: courtesy of @Oxford_RL

OXFORD RL have announced the re-signing of Ireland international Clark McAllister ahead of the 2017 season

The 25 year old centre or winger from Banbridge, County Down, who joins for his second season at Oxford, has ambitions to capture a place in the Irish squad for the 2017 World Cup

Head coach Tim Rumford said: "Clark made a good start last season but was unfortunate in that injury kept him sidelined just as he was hitting form. His attitude and work ethic is top notch so we are confident that he'll get back on his game swiftly"

McAllister said he was delighted to re-sign for the club for another season "I settled in well at the club last season there are some good people there and great spirit in the squad", he added. "It's a real feel-good environment with positive attitudes and that's what I need to be in to reach my ambitions"

Chris Baxter, assistant coach, said. "I am really pleased that Clark's staying with us, he's demonstrated the right attitude and shown promise and potential last year when he got a good run of games"

McAllister was drawn into rugby league thanks to his PE teacher at Banbridge High School, who got him along to Portadown to play for their rugby league team.

Oxford's Kingstone Press League 1 campaign begins on March 5 at home to Hemel Stags and they visit London Broncos in a pre-season match on January 21.

SPORT

The action from U's festive games: Oxford Utd vs Northampton Town

Oxford United 0 Northampton Town 1

Oxford United 0 Walsall 0

Alex MacDonald and David Buchanan jump for a cross

Alex MacDonald blasts a shot at goal

Ryan Leeson drives a shot at goal

Ryan Taylor turns towards goal

Chris Maguire surges into the penalty area

Oxford Saints celebrate September's play-off win *Picture: Jamie Stancombe*

Saints to launch pre-season training at Sunday session

BAFANL Division 2 South West Conference 2016 champions Oxford Saints will begin their 2017 pre-season training with their annual team combine on Sunday

The event for both rookies and veterans alike is being held at the state-of-the-art 4G dome at the Oxford Academy between 11.45am and 3pm

The sessions are for the senior team and are open to men and women aged 18 and over There is also a dedicated women's team for those aged 17 and over

Players will be divided into groups and rotated through various stations, each designed to assess skills for American Football, including shuttles, jumps, dashes and bench presses

The session is not considered a 'try out' for the team, as the Saints look to accommodate players of all types and abilities the club said.

But it will serve as a chance for coaching staff to evaluate the squad, observe player attitudes and identify areas for improvement

The 2017 Division 1 season dates are yet to be confirmed but the new campaign will get under way in April.

The Saints capped an unbeaten 2016 season when they were crowned Division 2 champions after a 24 2 play-off final win against Cambridge Cats in Leeds last September

and Oxford Utd vs Walsall *All pictures by Steve Daniels*

Chris Maguire has a shot blocked by Gabriel Zakuani

Chris Maguire has a shot blocked

Chris Maguire has a shot blocked

United extend Raglan's stay and loan Giles to Aldershot

George Welch

WITH the January transfer window now open, Oxford United have extended defender Charlie Raglan's loan period, while winger Jonny Giles has gone out on loan.

Raglan has had his loan deal from League One rivals Chesterfield stretched out until the end of the season.

The 23-year old centre back has made 10 appearances for the U s since arriving and the extension includes FA Cup games making him eligible for the trip to Rotherham on Saturday

Raglan played and was booked for Chesterfield against Oxford at the Kassam Stadium in the first game of the season before he joined on loan.

Head coach Michael Appleton said Raglan had 'done well for us"

The defender added "I have enjoyed my time here. It s a good club, the players management and fans have been great with me and I'm more than happy to stay fight for my place "

Meanwhile, United winger Giles has joined Aldershot Town on loan until the end of the season The 22-year-old spent the first half of the season on loan at neighbours Oxford City

SkyBet League 1		GP	GD	PTS
1	Sheffield United	25	22	53
2	Bolton	25	17	50
3	Scunthorpe	25	25	49
4	Rochdale	25	16	45
5	Bradford City	25	10	42
6	Fleetwood	25	6	40
7	Southend	25	5	36
8	Peterborough	24	12	38
9	Millwall	25	2	38
10	Bristol rovers	25	4	36
11	Charlton	25	7	35
12	OXFORD	25	1	34
13	AFC Wimbledon	25	4	33
14	Walsall	25	-7	31
15	Port Vale	25	-16	31
16	Northampton	25	1	30
17	Gillingham	25	-6	30
18	MK Dons	25	-5	28
19	Swindon Town	25	-14	25
20	Bury	25	-15	22
21	Chesterfield	25	-16	22
22	Coventry	25	-14	21
23	Shrewsbury	25	-15	21
24	Oldham	24	15	19

Banbury close in on play-offs after beating league leaders

Marvin Martin in action for Banbury in tha 1-0 win against Leamington
Picture: B A. Barson Photography

BANBURY United extended their unbeaten run to five matches as their charge an the Southern League Premier Division play-offs developed roomentum

The Puritans enjoyed an unbeaten Christmas period to leave Mike Ford's side twe places and five points off the promotion places with a game in hand.

On Boxing Day, United earned a deserved point at seventh placed Redditch United before beating table-toppers Leamington in dramatic fashion at home on Monday

Banbury won it with virtually the last kick of the game as Mark Bell netted from close range to snatch the three points against the league-leaders

It was a game of few chanres in which a draw would have been a fair result but Ford's men have now won four of their last five matches, conceding just one goal in the process

Leamington were unlucky not to go ahead shortly after the restart when a long ball forward fell nicely for Courtney Baker Richardson but the forward could only strike the woodwork.

United enjoyed their best spell of the match on the hour mark and, just as it looked like the game would peter out for a goalless draw Bell scored to secure a magnificent win late on.

The winner came when Zac McEachran crossed low into the centre where the meoming Bell bundled the ball into the back of the Leamington net

Banbury look to extend their run when they travel to Dorchester Town on Saturday

Kiddy endure a nightmare Christmas

IT was a Christmas to forget for Kidlington who shipped 10 goals in two defeats to see them slip to 18th in the league

The Southern League Division One Central side were clearly suffering from a Christmas hangover when they lost 6-0 at mid table Beaconsfield SYCOB on Boxing Day before losing 4-3 at home to third bottom Aylesbury United.

The Greens lost to Aylesbury on Bank Holiday Monday despite Anaclet Odhiambo netting a hat-trick at Yarnton Road Stadium.

After taking the lead in only the second minute through Odhiambo's first goal via the near post, Kidlington found themselves 3-1 down at the break after Aylesbury scored three unanswered goals.

Odhiambo bagged his second five minutes into the second half, again off the post to reduce the arrears but the Ducks took full advantage of a lack in concentration in the Kiddy back line to double their advantage again on the hour

Odhiambo secured his hat-trick in the final minutes but it was not enough to save any points for Julian McCalmon s side.

Beaconsfield won their seventh of what is now an eight straight winning streak in Boxing Day s thrashing of Kiddy The Rams were 1-0 up at half-time through Guri Demuru before the floodgates opened in the second period. Charlie Losasso, Aaron Berry a Callum Bunting brace and another Demuru strike completed the route for the Buckinghamshire side who, despite their incredible form, only sit in 10th.

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Yellows win away following disappointing home defeat and draw

Defender Chey Dunkley scores the winner for Oxford United against Gillingham *Picture: courtesy of @OUFCOfficial*

Dunkley secures a winning start to 2017 for Utd in Gillingham triumph

George Welch, *Reporter*

OXFORD United made a winning start to 2017 with a 1 0 victory at Gillingham on Monday

A second half finish from imposing centre back Chey Dunkley made it the best possible start to the new year in a result that marked the end for Gills boss Justin Edinburgh

The Kent club finished ninth in Sky Bet League One last year but are 10 points off the play-offs this term after 25 games of the campaign

And the club s hierarchy ran out of patience when on 66 minutes United top scorer Chris Maguire crossed low from the bytine to Dunkley who would have done well to miss from six yards out, to secure the points for the visitors

Gillingham possessed a powerful attacking unit as Frank Nouble and Jay Emmanuel-Thomas were a handful for Curtis Nelson and Dunkley, but other than a comfortable catch from a Nouble drive, Simon Eastwood was not forced into a save until the second half.

United lacked a cutting edge but took the lead shortly after the hour from a short corner

Once Dunkley had smashed Oxford into the lead in front of 1,200 travelling fans the hosts were reduced to 10 men when Deji Oshilaja was sent off 14 minutes from time after picking up a second yellow card for a foul on Ryan Taylor

But the Gills still almost equalised five minutes from time when an overhead kick from defender Baily Cargill, who had scored a smart goal to claim a point for Gillingham at Peterborough United on Boxing Day, flew narrowly over the bar

Despite starting the New Year in winning fashion, it was a goal shy festive period for United with Dunkley s winner at Gillingham the club s only goal in three matches as the Yellows picked up four points over Christmas

The U s fired a blank as they suffered stoppage-time heartbreak when Northampton Town snatched a dramatic victory in front of a sell-out 11,730 crowd at the Kassam Stadium.

Marc Richards struck late for the Cobblers in the 1 0 win.

And United's first meeting with Walsall for 10 years ended in anticlimatic uninspiring goalless draw, also at the Kassam, on Saturday

Oxford have now lost just once in 11 games in all competitions and sit in 12th place in League One six points off the play-offs.

• See inside for more pictures of the Christmas home games

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